

**KRISTINA
AFFAIR ROW**

**I am dating Ben,
but I'm no
home wrecker!**

**SNEAK A
PEEK AT**

**Gemma's
new
Evans
range**

4 AUGUST 2015 ISSUE 30

best



**Our joy
at adopting
Down's
syndrome
twins**



**SALLY
DYNEVOR**



**LORRAINE
KELLY**

**JANE
SEYMOUR
& grand-
daughter!**



**LESLIE
ASH**

**IT'S TAKEN
ME 11 YEARS
TO RECOVER**



MEET THE 'GRAN BODS!'

**In better shape
than ever!**

WEIGHT WATCHERS SUMMER RECIPES!



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Order by 6pm today and you can collect for free in store tomorrow from midday at 2,300 stores.

Save up to 1/2 price on selected skincare. Available in larger Boots stores. Subject to availability. Garnier Micellar Cleansing Water 125ml, £0.80 per 100ml, L'Oréal Paris Age Perfect Re-Hydrating Night Cream 50ml, £12.98 per 100ml, Garnier Summer Body 400ml, £1.00 per 100ml, Nivea Q10 Plus Energy Day Cream SPF15 50ml, £10.00 per 100ml, Yes To Grapefruit Daily Facial Scrub 112ml, £4.15 per 100ml. Offer ends 4 August 2015. See in store for details. Normal Boots Advantage Card terms and conditions apply. See online for details. Please see www.boots.com/ordertodaycollecttomorrow for full terms and conditions about the order and collect service. Geographical exclusions apply. Monday to Saturday.

best Contents

EVERY TUESDAY 28.07.15

Trouble and strife...



It's definitely been a week for relationship revelations. First we learn that a website aimed at those looking for extramarital affairs has been hacked, and details of the 'cheaters' exposed. Oops. It's hard to feel sorry for those involved – aside, of course, from the spouses who stand to make some unpleasant discoveries. Infidelity websites are

not just a US trend; they're springing up everywhere, and are increasingly popular with people in the UK. Those running the sites often argue that affairs can 'save' marriages. Do you agree? If you've had experience of this, we'd be fascinated to hear about it. On the other end of the spectrum this week were the relationship breakdowns being publicly played out on social media. Beware the bitter exes because, when Twitter's involved, nothing is sacred – or secret. Both Myleene and *Strictly*'s Kristina have found themselves caught up in this. Want to know why Kristina's hit back but Myleene's kept quiet? Read our stories on pages 12 and 24.

Jenny Vereker, Executive Editor



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Myleene and Graham are now at loggerheads

Will Ben and Kristina go the distance?

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GET MORE! For hourly updates, diets, recipes & chances to win, click... **best**daily.co.uk

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COVER PICTURES: GOFFPHOTOS.COM, KEN MCKAY/REX SHUTTERSTOCK, SPLASH NEWS
THIS PAGE: NICKY JOHNSTON, MATRIXPICTURES.CO.UK, XPOSUREPHOTOS.COM

THE news edit



Try a cool taste of Russia!

SMIRNOFF SIDE UP

Us Brits are officially mad about vodka, especially Smirnoff. Quench your thirst with their Apple Bite and Smirnoff Ice Frozen Pouches, £2.99 each.

HERE COME THE BOYS!

Is this the hottest ever line-up of hunks on Strictly Come Dancing? The series is back on our screens in September, and we're very excited about the rumoured contestants!



ANDREW RIDGELEY

FAMOUS EIGHTIES POP HEARTTHROB ANDREW RIDGELEY HAS APPARENTLY TOLD STRICTLY PRODUCERS, 'I'M YOUR MAN.'

Andrew, 52, said, 'It's one of the very few things that might tempt me back into the public eye. It's a fabulous show and, I imagine, a wonderful experience.'

Andrew, one half of Eighties duo

Wham! with George Michael, could also be about to commit to a reunion for the band's 30th anniversary, too. Their last gig, at Wembley Stadium, was back in 1986.



PETER ANDRE

PETER ANDRE, 42, COULD BE CUTTING A RUG ON STRICTLY.

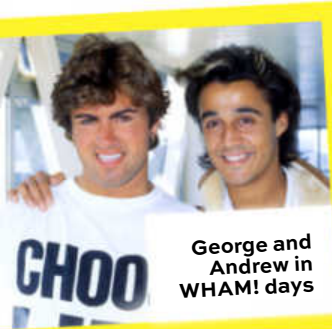
He's been offered it a rumoured four times but was always reportedly too busy. No stranger to reality TV with ex-wife Katie Price, who he met on *I'm A Celebrity...*, Peter says his main concern is over the tight trousers – but we're sure he'll get used to them.



JAMIE REDKNAPP

RUMOUR HAS IT THAT FOOTIE HOTTIE JAMIE REDKNAPP, 42,

could well be signing up with his wife, Louise, 40, making them the first celebrity couple ever to appear on the show. We hope this rumour is true, as we reckon their record of fancy footwork would make them likely contenders for that glitterball trophy.



George and Andrew in WHAM! days



GLEB SAVCHENKO

NEW KIDS ON THE BLOCK

THIS YEAR'S STRICTLY LINE-UP SEES A HOST OF NEW HUNKY DANCERS, including Russian-born *Dancing With The Stars* favourite Gleb Savchenko, plus 2012 Italian champion (and stallion) Giovanni Pernice. At this rate, we reckon it's going to be pretty hard to concentrate on the scores...



GIOVANNI PERNICE

THE NEXT BEST THING

**SCHOOL'S ONLY
JUST OUT BUT THE
SHOPS ARE FULL
OF NEW SEASON
MUST-HAVES.**

For modern classics that will breathe new life into your wardrobe, Next fits the bill. Start investing now and you'll be wearing these chic designs until spring arrives!

Jacket, 6-22, £45 and trousers, 6-22, £28

3



Tote bag, £34



Sandals, £28



Bracelet watch, £26
All from Next

Carol looked radiant at a party in London

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CAROL'S RED CARPET GLOW

CAROL MCGIFFIN LOOKED STUNNING AT HER FIRST RED CARPET EVENT since revealing her devastating year-long battle with breast cancer.

The former *Loose Women* panellist, 55, beamed at a summer party in London's Drury Club, accompanied by her other half, 33-year-old Mark Cassidy.

Carol, sporting a new cropped hairdo, wore head-to-toe black with a loose grey mac. She first discovered a lump in her left breast in February last year, and was diagnosed with a tumour in April.



Downcast Demi with daughter Scout Willis

DEMI SHOWS STRAIN OF SHOCK DEATH

WE'RE USED TO SEEING HER STEPPING OUT LOOKING IMMACULATE, NOT A HAIR OUT OF PLACE AND, AT 52, APPEARING YOUNGER THAN HER THREE DAUGHTERS. But the tragic drowning of a young man in her swimming pool has clearly taken its toll on Demi Moore.

Edenilson Steven Valle, 21, was found dead in the pool following a party at Demi Moore's LA mansion.

Neither the actress, nor any of her daughters with ex-husband Bruce Willis, were there at the time, and the party was hosted by one of her staff. It's thought that, Valle, who could not swim, slipped and fell – and his drowning was a tragic accident.

However, pictured out on a shopping trip with daughters Scout and Tallulah Willis in New York, a haggard-looking Moore was clearly showing the strain. In a statement, she said, 'My heart goes out to this young man's family and friends.'

Overheard this week...



SIMON COWELL
'Seagulls are actually attacking animals. They are coming inland at the moment. I am getting a crash helmet designed for my dogs.'



KELLIE MALONEY
'I'd love to do something like *Loose Women*. I'd also love to do a chat show.'



MUM-OF-FOUR JO WHILEY
'I never wanted a massive family and didn't really see myself as this maternal figure. It just happened.'



WARWICK DAVIS
'In trying to do the right thing, people often crouch down to chat to me. I then crouch down as well, which is quite funny.'



Alex and Jonathan exchanged vows at Rome's All Saints Anglican Church



A violinist serenaded the newlyweds after the ceremony

THIRD TIME LUCKY FOR ALEX?

UNLUCKY IN LOVE ALEX KINGSTON, 52, WAS GRINNING FROM EAR TO EAR AS SHE TIED THE KNOT WITH HER LONG-TERM PARTNER, TV PRODUCER JONATHAN STAMP, IN ROME.

Shunning tradition, the British actress opted for a ruffled pastel green wedding dress instead of a classic white gown, and wore pink roses in her hair.

The mum-of-one, who starred in *Doctor Who*, was left brokenhearted when her second husband, *The English Patient* actor Ralph Fiennes, left her for older actress Francesca Annis.

Alex fled the UK for the US and hit the big time starring alongside gorgeous George Clooney in American medical drama *ER*.

Shortly afterwards, she met her now third husband, Jonathan. What a comeback!

See
how they
GROW!

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HE MIGHT BE THE ULTIMATE ACTION HERO, BUT HE HAS THREE DAUGHTERS WHO ARE ALL SURELY DADDY'S GIRLS. Sylvester Stallone, 69, was on holiday in

Venice, Italy, with his gorgeous brood (from left to right) Scarlet Rose, 13, Sistine Rose, 17, and Sophia Rose, 18, along with his third wife Jennifer Flavin, 46. No wonder he looks every inch the proud father!



Proud dad
Sly on
holiday in
Venice

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Enjoy the summer's
blockbusters with
Odeon gift tins



SUMMER'S HOTTEST TICKET

ODEON'S NEW RANGE OF SUMMER GIFT TINS MEANS YOU CAN SEE THE BIGGEST SUMMER FILMS IN ONE CASE.

So if you fancy catching up with Tom Cruise in *Mission: Impossible – Rogue Nation* or taking the family to see Pixar's latest film *Inside Out*, the cinema chain's limited-edition gift tins – available for teens, families and adults – offer a package of ticket and food savings. Perfect as a gift – or why not just treat yourself?

They're valid until 9 October 2015 at 2D screenings throughout Odeon cinemas. With the food and drink vouchers, choose from a wide selection of snacks, drinks, sweets,

Ben & Jerry's ice-cream and popcorn.

A Family gift tin includes four tickets and two Kids Mixes, two medium drinks and a medium popcorn for £32.99.

The Teen & Students tin features five tickets for £24.99.

The Adults gift tin, including two tickets and a £10 food and drink voucher, starts at £24.99.

For full details, visit odeon.co.uk



WORDS DEIRDRE O'BRIEN, HELEN PIKE, JAYNE SAVVA
PICTURES FAMEFLYNET, GETTY IMAGES, SHUTTERSTOCK, XPOSURE

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BEAUTY IS SNOW BUSINESS

SNOW ALGAE MIGHT NOT SOUND THE MOST GLAMOROUS INGREDIENT, BUT WHEN RESEARCHERS FOUND THIS ORGANISM survived extreme conditions, they decided to bottle it to mimic the same defence on our faces.

Previously only available in expensive brands, you can now get it in **Superdrug's Optimum PhytoSurvive Serum and Day Cream, £12.99 each.**



Fabulous over 50

They're old enough to be grannies but these
Who says you can't wear a two-piece unless

Thanks to the over 50s, sales of bikinis are rocketing. Body confidence is at an all-time high and, according to a new survey, bikini sales have risen by six per cent in this age group. 'We've seen the Dad-bod and are now ready to welcome the Gran-bod,' said online retailer JD Williams, which carried out the poll. Ladies, it's official. Uncover that beach bod!

A woman with brown hair and bangs, smiling, wearing a colorful tropical print bikini and a matching cover-up. She is standing outdoors, possibly on a beach or near a boat.

LORRAINE KELLY, 55

Wearing a tropical print bikini to launch Lorraine's Bikini Promise campaign, the breakfast presenter flaunts her incredible figure, which she credits with regular Zumba classes. The modest mum-of-one said, 'I've got a scar on my leg and a bit of a mum tum, but I am fine with that.' More than fine, Lorraine.

A woman with blonde hair, smiling, wearing a purple bikini. She is standing on a yacht, with the railing and some equipment visible in the background.

JERRY HALL, 59

Showing she can still strike a pose on a yacht in St Tropez, ex-supermodel Jerry shows off a cinched waist, great legs and toned arms. 'I look pretty good for my age. But I smoke, I drink, I like wine, I love sun-tanning, I drink coffee. I don't exercise and I'm doing all sorts of things I shouldn't!' she said. In Jerry's case, it looks like the genes just have it! Some girls have all the luck.

bikini bodies

stars still turn heads.
you're in your 20s?

SALLY DYNEVOR, 52

Sally's a long way from the Cobbles! The *Corrie* star, who beat breast cancer in 2010, shows off her enviable figure on a beach in Barbados. Entering her 50s, the mum-of-three admitted, 'I feel as though I'm starting a new time in my life, I'm really excited about the future. I want to break the rules and be a bit rebellious.'



JANE SEYMOUR, 64

Radiant, fit and happy, gran-of-three Jane gives actresses half her age a run for their money and puts it all down to confidence. Seen here with granddaughter Willa, she explained, 'I think beauty comes from the inside out. When you feel comfortable in your skin, you exude confidence. I want to be healthy but I don't diet. If I want pasta, I just eat half of it.' Maybe it's time to cut our portions down...



SHARON STONE, 57

Showing off her drop-dead gorgeous figure on a boat in Italy, mum-of-three Sharon, who never seems to age, has spoken about growing old gracefully. 'Fifty is the new chapter,' she said. 'We know so much at this age. I think that in the art of ageing well there's this sexuality to having those imperfections.' If these are imperfections we want some.

Brilliant bikini body boosters!

FIND YOUR PERFECT STYLE AND YOU'LL LOOK AS FABULOUS AS THE CELEBRITY 'GRAN BODS'

For those with a larger bust, it's a good idea to shop for a top that comes in your bra size. Brands such as Freya and Fantasie have a variety of styles, and you can mix and match tops and bottoms for the most flattering pairing.

DRAWSTRING

Full-size briefs are not always the most slimming option. Bottoms with adjustable ties will help you control the width of your bikini without compromising on coverage.



Hawaiian top, 8-18, £18, and bottoms, 8-18, £14, M&Co



Monochrome top, 32-40, £38, and bottoms, s-xl, £28, Fantasie



Bandeau, 30-40 d-h, £38, and bottoms, s-xl, £29, Fantasie



Tribal print top, 10-18 b-dd, £18, and bottoms, 10-20, £16, M&Co

ROLL-DOWN

Great if you're pear-shaped, this style helps balance out your body.

The fold-over bottoms sit neatly on your hips, making them hard to beat for support.



Multicoloured, top, 10-18, £16, and bottoms, 10-18, £14, M&Co



Black, 10-20, £73, Seasprayswimwear.com



Floral top, 28-38 d-j, £34, and bottoms, 8-18, £18, Curvy Kate



RUCHING

Clever ruched detailing will help break up the fabric of your bikini—a great way to slim and soften the look of your lower half.



Purple, 6-16 a-c, £45, Swimwear365.co.uk



Coral, 30-36 dd-g, £26, and brief, 8-18, £16, Boux Avenue



Colour block, 32-36 b-d, £29, and bottoms 10-16, £25, La Redoute



The star's
now healthy,
happy and
looking great

11 years on, Leslie's finally better

More than a decade after she caught the MRSA superbug, Leslie Ash reveals how family and fitness helped her recovery...

Looking at this picture it's hard to believe that, a decade ago, Leslie Ash feared she may never walk again.

The 55-year-old mum-of-two contracted such a serious strain of the MRSA superbug, she thought she might not survive and, if she did, that she would end up in a wheelchair.

But on *Lorraine* last week, Leslie looked better than she has in years, and admitted it has taken this long to learn to walk again after her spinal injuries.

In 2004, the star, who played Debs in the sitcom *Men Behaving Badly*, was hospitalised with two

broken ribs and a punctured lung after falling out of bed during an energetic sex session with her husband, ex-footballer Lee Chapman.

Leslie said of her recovery, 'It's taken 11

years of Pilates and yoga.

'You find a balance and it's either use it or lose it, so I work very hard at my fitness.'

The actress said the toughest part of her ordeal was being unable to work.

'It's a profound grief of losing your identity,' she said. 'I was working all the time, and people used to say, "You juggle kids, house, everything," and that's the way my life was.'

Leslie admitted the antidepressants she took for her nerve pain left her feeling like she had 'big bits of her life missing'.

'I just thought, "actually, I don't like them," because they don't let you finish your conversation, or even your sentence.

'I've taken a long time to get off them because they're not something you can just stop taking. But I feel really awake now, it's brilliant.'

'We are a very tight-knit family and they've been amazing,' Leslie said of her husband and two sons.

'Lee's been my carer for the past 11 years, and he's got a business as well.'

About her sons, she said, 'They'd like to see me get back into work because I'm a pain in the neck when I'm not working!' she joked.

It's great to see the star looking so well.



MRSA caused her serious spinal injuries

2000



Leslie, during her *Where The Heart Is* heyday

2011



After the infamous trout pout operation

2014



Ex-footballer hubby Lee is her carer

Ben & Kristina are dating!

It's official, *Strictly*'s KRISTINA RIHANOFF is rugby star BEN COHEN's girlfriend – BUT the dancing star insists she didn't end his marriage...



The couple are more than dance partners

Two weeks ago, Ben Cohen took *Strictly* siren Kristina Rihanoff to meet his seven-year-old twins, Harriette and Isabelle, near his home in Northampton. But later, his estranged wife Abby hit out on Twitter with a series of barbed messages about 'karma'.

'Some people make us want to leave foot-prints on their face,' ranted Abby. But what is the truth? Are the couple together? Did Kristina really cause the couple to split, or are Abby's bitter words simply those of

a woman scorned?

The rumours of a romance between Russian dancer Kristina and her *Strictly* partner, Ben, have been sizzling since the end of the 2013 series of *Strictly*. Now, it seems the rumours are true, and Ben's devastated wife Abby is seeking a divorce.

Ben and Abby, both 36, first separated last September. Kristina was quickly labelled a 'home-wrecker', partly thanks to a tweet Abby wrote, saying she was 'too broken'

to get out of bed.

Yet 37-year-old Kristina strongly denied the harsh accusations, saying they had left her feeling very low and 'crying for weeks.'

According to a close pal,

'Kristina hardly saw Ben for the first six months, except to support each other's charity events.

'Obviously, Abby wants to think it's all Kristina's fault, but it's not true. Ben moved out of the family home last September – so they've been separated for almost a year now. And Kristina was working solidly from September until February.

'Yes, they've started dating, but Kristina really feels Ben and Abby need to sort out their divorce issues together. It's nothing to do with her.'

Hitting out on Twitter, a hurt Abby made cryptic comments aimed at Kristina.

'Don't devalue or hurt anyone in life. You may be powerful today but remember, time is more powerful than you!'



Kristina and Ben danced together for *Strictly* 2013



Ben and wife Abby split last September



Her cryptic tweet continued, 'When a bird is alive, it eats ants. When the bird is dead, ants eat the bird.'

'One tree makes a million match sticks. Only one match stick is needed to burn a million trees. So be good... and do good.'

She then added ominously, 'Some people come into our lives and leave footprints on our hearts, then they make us want to leave footprints on their face.'

She took to Twitter again to defend herself after she was called 'pathetic' by *Strictly* fans, angrily posting, 'If you actually knew the truth, then you wouldn't write that!'

The affair rumours quickly sparked a Twitter war that Kristina joined in, telling one of Abby's supporters to 'get a life.'

However, this isn't the first time the petite Marilyn Monroe lookalike has been accused of luring men away from their partners.

Back in 2008, she and dancer Vincent Simone had a reported dalliance on tour, while his then-girlfriend was pregnant with his son. A year later, she was partnered with boxer Joe Calzaghe. He was single, having recently split with his model girlfriend, but

this did not stop rumours blaming the end of that relationship on Kristina.

'Joe and Kristina dated for four years. She was devastated when they split,' our source revealed.

Slamming the rumours that she was involved in yet another tryst earlier this year, Kristina said, 'It's like I've been drawn as a man-eater, and now I'm not allowed to be anything other than that – the single girl who is to blame for other couples' problems.'

But we won't have to wait long for Kristina to tell her side of the story. This October, she is bringing out a book.

'It will tell her fans the truth about everything,' our source added. 'That includes the truth about

her relationships – and how she feels about all the criticism. It's all there.'

As for Abby, our source said, 'It's easy to blame someone else when things aren't as you want them to be. It's rare that both people in a couple want to split. But you have to move forward and stop laying the blame at someone else's door.'

'I've been portrayed as a man-eater'

*blended for
beautiful hair*



**BLENDED FOR SMOOTH, SLEEK HAIR
INFUSED WITH ARGAN OIL & JASMINE EXTRACT**

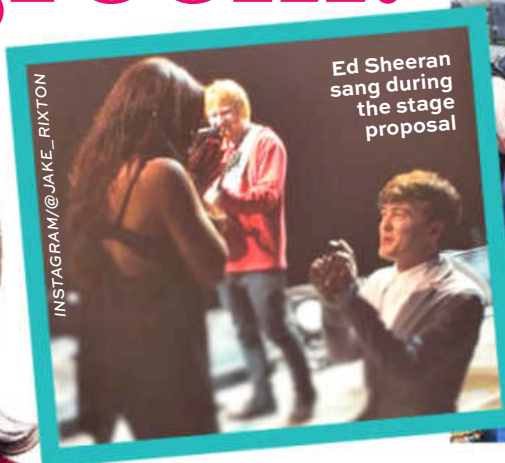
THIS WEEK...

Mother of the groom!

Straight Talk...



With Loose Woman
Coleen Nolan



Ed Sheeran sang during the stage proposal

INSTAGRAM/@JAKE_RIXTON



And mother makes three...

For anyone who hasn't already heard the news, my 22-year-old son, Jake, has just got engaged to Jesy Nelson from Little Mix.

He proposed on their anniversary, 19 July – a year to the day they met. He's such a romantic.

He was shaking like a leaf but, like all mums, I thought that was ridiculous – of course she was going to say 'yes' to my boy!

Jake first mentioned getting married a few months back.

He told me he was going to design the ring and that I was to keep it a secret. It was so nerve-racking!

Every time I saw Jesy, 24 – who I loved from the moment we met – I kept worrying I was going to say the wrong thing and ruin it for her.

By last week, Jesy's mum, Janice, Jake's brother, Shane, his

sister, Ciara, and his step-dad, Ray, plus Ed Sheeran – a friend of Jake's since his band, Rixton, supported Ed last year in America – all knew.

Ed offered to play in person as Jake popped the question, while Little Mix were performing on stage in Manchester.

Ed sang *Tenerife Sea*, Jesy said yes, and we all cried!

I know they are young, but they are so in love. They are always laughing and never row. And I married Jake's dad, Shane Richie, when I was 25, by which time, we'd already had Shane Junior.

I had a slight wobble when I slipped away from Manchester Arena to prepare the house for the couple to come back to.

As I hung up 'congratulation' banners and put the champagne on ice, I felt a bit tearful – my little boy was growing up.

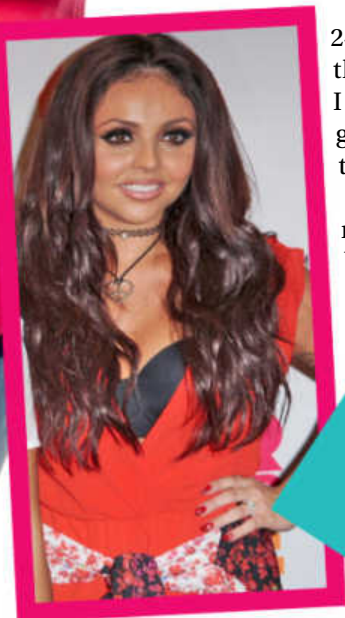
Don't get me wrong, I'm euphoric and I couldn't have picked a more wonderful girl for my son, but my job is done. I'm handing the baton to Jesy...

When they got back, I served KFC with the champagne – well, you don't want to poison a superstar like Ed, do you?

There's no date for the wedding yet, but I think it could be next year, and I'm already looking forward to it.

It will be a big, romantic church affair. It will be perfect.

I've got a wedding to go to, people. You never know, it might even be time for me to finally go on that diet!



Jake designed the ring himself and swore me to secrecy!

WHAT DO YOU THINK?
Tell us your views at
BestDaily

best
daily.co.uk

The glamorous golden girls!

Gloria Hunniford, Angela Rippon and Julia Somerville tell **best** their game plans for staying fit and feisty

'I intend to grow old disgracefully...'

Angela Rippon, 70, puts her amazing legs down to power walking, and says 'knickers' to the Fashion Police

You once said you intended to grow old disgracefully. Is that still the case?

Of course. I think I'm doing that. Aren't I? [Laughs]. I'm never going to sit in a rocking chair. Life is for having fun – just as I've always done.

Is it unusual to look as good as you do at 70?

NO! Not these days. That is the great thing about my generation. We grew up eating right, exercising and loving life. Plus, we have great cosmetics, wonderful hairdressers and we don't care about the style police. Knickers to that. We will wear what we like, when we like!

Do you socialise much with Gloria and Julia?

No we don't do that [screams with

laughter again]. We only see each other in Manchester, when we do the links on our show, *Rip Off Britain*. But when we do get together, we have supper.

You still have remarkable legs.

How do you stay in shape – tennis, Pilates, yoga, power-walking?

Yes! I play tennis as and when I can. I do more Pilates than yoga and I also power-walk a lot in the summer.

I do a 60-minute power walk, plus 10 minutes of stretching every morning.

Are you still single?

Yes, but I've got lots of close friends – all wonderful guys [giggles]. Some wonderful close friends.

The next series of *Rip Off Britain* includes avoiding internet scams.

Are you good online?

Well, yes. I'm scared by the 'dark' net, though. That's when crooks can steal your identity, so I'm covering that in the next series.



Angela with her friend, stage star Elaine Paige

Are you on Facebook or Twitter?

No. I only tell my very close friends and family what I'm up to.

It's said older women are disappearing from TV. How do you feel about that?

Who says that? Do the maths – there's me, Gloria and Julia. We're all 60-plus and still here. So it's not true. It's simply that there were never that many of us in the first place!

'I want to live to 101 and abseil down a building!'

Gloria Hunniford, 75, reveals her top beauty secret – and what really gets her riled.

Hi, Glo. How do you always look so glamorous?

[Laughs] It depends on the mirror I look in! I try not to subscribe to getting older. I don't like it. I have a little saying, 'If I sit too long, I'll rust.' So I try to keep moving and dress smartly – you can't

have an older person in old clothes. I would never go out without my make-up on, and I'm married to a hairdresser [Stephen Way]. That helps!

Any style tips?

My only rule is, never wear boots over the knee if you are – like me – only 5ft 2in. You'll look like a pantomime character in *Puss in Boots*!

What is your best-kept beauty secret?

Take multivitamin tablets

every day. I swear by them.

Does having four teenage grandsons keep you young?

Oh course! I love, love, love being called 'Glo'. They've stopped calling me Nana [laughs]. Just like nothing prepares you to be a mum, nothing prepares you to be a gran. It changes your life again. Charlie [son of Gloria's daughter, Caron Keating, who died in 2004] is 21 now! There's also Gabriel, 18, plus

Jake, 20, and Beau, 16 [by Gloria's son, Paul]. And that's just on my side. We have six on Stephen's side, too.

You are strongly against 'do not resuscitate' orders, aren't you?

Yes. I want to live, and if anyone cold-called me and said, 'Will you tick this box to say, do not resuscitate me?', I'd say, 'On your bike.' I want to live as long as I can. I want to be like Doris Long, aged 101, who abseiled down the tallest building in London!

These three dynamic women are still lighting up our TV screens!



● **Rip Off**
Britain is back on BBC One in September

'There's a little saying: If I sit too long, I'll rust!'

Gloria with grandsons Gabriel (below) and Charlie (right)



'I never go out without make-up!'

Julia Somerville, 68, reveals how she's made time stand still...

Hi, Julia. You don't look as if you've aged in about 30 years...

There's a word for it. Make-up. If you want to get into sub-divisions, we need to talk eyelashes and various other things.

Do you put make-up on every day?

Yes. Absolutely every day, first thing – then I don't need to worry about it. From rising out of bed to sallying forth feeling vaguely OK, it takes me half an hour, including hair.

What one beauty secret will you share?

Take all your make-up off every night, except for gorgeous false eyelashes. Keep those on!

Would you wear a bikini?

Only if I knew there wasn't a photographer around. Life's too short to suck in your stomach!

Best celebrity friend?

Not sure I've got one... gosh, I sound like a sad old person. I don't move in celebrity circles, really, but Lesley Garrett [the opera singer] lives in my street, and I've known her for yonks.



Julia was given an OBE in the Queen's birthday honours list in 2013

What about Gloria and Angela?

I met Gloria in Belfast in the Seventies, and Angela through the BBC. We get on incredibly well but, truthfully, we don't see that much of each other except for work. I can't claim I'm their best friend!

Can you tell us about your OBE?

Art is one of my life passions. I've stopped now but, four years ago, I'd been working on the committee that looks after the Government Art Collection. It's been collated since the 1850s – everything from famous classical portraits to works by modern artists like Grayson Perry. That's why I was given an OBE.

How do you stay so slim?

To my intense surprise, I've become a gym bunny. I paid a membership for 20 years and never used it. Then, three years ago, I thought, 'This is ridiculous. Learn to use the equipment.' So now, I go four or five times a week.

Now they ask my daughter for beauty tips!

Born with a facial condition, Katie's future hung in the balance

It wasn't the way it's supposed to be when you first see your newborn baby. 'That's not my baby!' I screamed as I looked at the tiny bundle in the incubator.

Katie had been born the day before and whisked to intensive care before I had seen her properly.

Now I was looking at my daughter for the first time.

I'd been warned she would have a facial disfigurement, but nothing could have prepared me for this...

The left side of her face was double the size of her right, and her tongue was so large it stuck out.

I burst into tears as I wondered whether I'd made the right decision going

through with the pregnancy.

It was at my 18 week scan that I was told Katie had cystic hygroma. This cruel condition causes cysts on the head and neck which can suffocate the sufferer.

'We don't know how bad the condition is yet, but you don't have to go through with this,' the doctor told me gently.

I gripped my partner Damian's hand. We'd been so excited about this baby.

I already had Rebecca, seven, from a previous relationship, and I couldn't wait for her to have a new baby brother or sister.

We were both terrified, but I struggled with the idea of a termination.

As I felt my baby kick

I knew that I had made the right decision.

Katie spent her first nine weeks of life in intensive care. I hardly left her side and prayed she'd pull through.

When we were discharged from hospital, I was determined not to hide my baby away.

I dressed her in a tiny white snowsuit with a fur hood and took her to the supermarket.

But the stares and whispers from other shoppers broke my heart.

As she grew older it got harder to shield her from the unwanted attention, and I was terrified she'd be bullied at school.

'You are different, but you



My little girl was a fighter

are still beautiful,' I told her, trying to prepare her.

Luckily, when she was four, a friend told me about a plastic surgeon, Professor Ian Jackson.

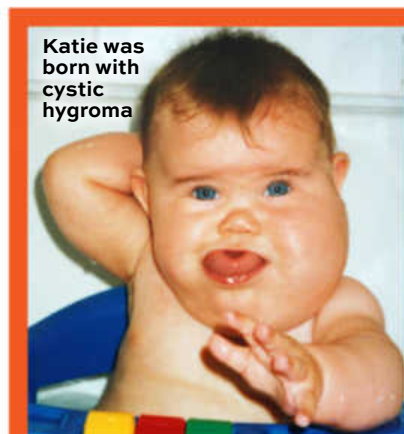
I wrote to him, begging for help.

I was overjoyed when he agreed to perform surgery, but my heart sank when

I discovered it would cost £15,000.

There was no way I could afford it, but when the local newspaper heard they launched the 'Cash for Katie' campaign, which raised an incredible £60,000.

Being able to tell Katie's story helped people understand her condition. Now,



Katie was born with cystic hygroma



The condition left her with a facial disfigurement



She had several operations to help her



*I've
watched
Katie
blossom'*

**I'm so
proud
of what
Katie has
achieved**

instead of staring, people were offering support.

Katie had her first five-hour operation to remove the cysts at Guy's and St Thomas' Hospital in London when she was five.

Once the swelling had gone down, Katie could close her mouth and a few weeks later she shouted 'Ra ra!' at her sister. Finally, my little girl could talk.

She had another operation a year later and at age seven.

She began babbling away

happily like all children her age and did well at school.

Over the years I watched Katie blossom into a normal young woman.

At 13 she began borrowing my make-up and going out with her friends, something I never dreamed of.

Now, at 20, she has plenty of offers from boys, but she's far too busy focusing on her career as a beauty blogger.

People are always asking her for make-up advice.

I couldn't be prouder.

AGAINST THE ODDS

Katie has launched her own beauty blog



KATIE SAYS

Admiring my reflection in the mirror, I smiled. 'Perfect match,' I thought, comparing the colour of my foundation to my natural skin.

I was trying out some new cosmetics to report on in my beauty blog.

It had been up and running for around a year, with over 500,000 views. I was overwhelmed by its success.

I couldn't believe how many people valued my opinion on beauty, especially after being born with a facial disfigurement.

Despite my mum's best efforts, I knew from an early age I was different.

I was in hospital, couldn't speak and was fed through a drip.

I remember some days gasping for breath and being in a lot of pain.

People would stare as I played in the park or

went shopping with Mum.

But after my operations, my life changed forever.

For the first time, I could eat properly, say all the words I wanted, and sing.

Then I found make-up.

At first it was a disaster. I pinched Mum's foundation and slapped it on three inches thick in a shade too dark for me.

But after hours of practice in front of my mirror, I learnt how to apply make-up properly.

'You look amazing,' my friends told me.

'Well, if people are going to stare, I might as well give them something nice to look at,' I smiled.

Through my blog, I want to help others feel good.

Whether you suffer from a facial disfigurement, acne or scars, make-up can do so much.

But, you also have to embrace who you are and learn to love yourself.

Visit katiemeehan.co.uk

THIS WEEK... TAKE CARE ON HOLIDAY

TALKING POINT



On a lifeboat – supporting the RNLI

RESPECT THE WATER

Eamonn When the sun comes out, we all like to be by the sea, a river or lake.

Last year, our lifeboat crews saved 460 people but there were still 163 deaths in British waters. That's more than were killed cycling on the roads. Two out of three of us will head to the seaside at least once this year and sadly some will not come back.

Respect The Water is the RNLI's national drowning prevention campaign. The aim is to raise awareness of the dangers of the British waters and their message focuses on three main risks that catch people out:

1 Cold water shock, which can steal the air from your lungs and leave you helpless.

2 The water can be unpredictable, with waves, tides and hidden currents that can drag you out to sea in seconds.

3 And, most scary of all, half the people who drown never expected to even get wet – many get caught out by unexpected slips, trips and falls into the water. Add to that list rip currents, tombstoning – which involves people jumping off cliffs – and inflatables.

So, this summer, make sure you enjoy beaches, lakes, canals and rivers – but respect them, too.



WE NEED A PREGNANT PAUSE...

Ruth When I was pregnant with Jack, someone parked so close to me in a supermarket car park that when I tried to get in the car I got stuck... *literally!*

Half in, half out,

I couldn't budge... they had to call security and make an announcement for the owner to come and move his car. The poor man wasn't ready for the wrath of a seven-months-pregnant woman stuck in such

an undignified position!

So I was delighted to spot this in a supermarket car park in Portugal. Designated spaces for pregnant women. Genius!

British supermarkets, please take note.



The Portuguese have the right idea!

WHAT DO YOU THINK?
Tell us your views at
BestDaily

best
daily.co.uk

Double Take



News, views and a fresh take
with **Eamonn & Ruth**



We've got this
picture –
at least!



MAKING MEMORIES

Ruth We are just back from a lovely two-week holiday in Portugal.

Well, you will have to take my word for it, because we have very few photographs to prove it.

It's not that we didn't take any – we did, and we did it on a very nice new compact camera I bought at the airport.

Between us, we took pics at the beach, by the pool, out at dinner, with friends, and there was a lovely day out in Lisbon where we walked for miles and sweltered in the 35°C heat.

We then called into a beautiful traditional restaurant which was dark, cool, had an amazing array

of seafood on display and wonderful tiles on the walls.

I took pictures of all of this, too, and in the shade with a chilled glass of wine I started to review what we had because Eamonn always puts a lot of effort into making lovely albums when we get home.

As I started fiddling with various knobs, Eamonn leaned across and said, 'Darling, don't touch that...'

Too late, I had... and, in an instant, those two weeks of loveliness disappeared...

I had mistakenly pressed 'Permanently Delete'. Did I cry? Yes, I did!

Eamonn But we'll always have our memories – oh, and this snap from my phone!

GIVE A DOG A HOME

Eamonn The stray dog problem in Europe is at its worst in Ireland and Portugal.

Five years ago, the problem was so bad in an area that we visited on the Algarve that I approached the council to see about having dogs rounded up. This year, as a family, we adopted three dogs and sought out starving ones

to feed every night of our holiday.

This total turnaround was due to giving an Irish rescue dog a home – and, in turn, she gave us and me in particular – a life.

Believe me, if you help an animal, an animal will help you – in so many amazing ways. I know I am a more human person now because of my dog.

Our adopted dogs
melted our hearts



Beauty masterclass

At home pedicure

When the sun comes out, so do our feet! Here, expert Sophy Robson tells us how to toe the line and achieve a pro pedi without hitting the salon

Over the past 10 years, Sophy Robson, formerly a DJ, has ascended the ranks to become one of the UK's most prominent nail artists. Working with A-list names like Gwyneth Paltrow, and brands including Scholl, Sophy's well versed in all manner of talon-related tasks, from chiropodist pedicures to high-end nail art for catwalk shows. Her signature 'medi-pedi', a salon treatment available in London, has won her high-profile fans like Kate Moss. 'Nail colours and trends change each season, but well-groomed feet remain a constant must-have all year round,' Sophy says. We grabbed her to share her secrets to A-list-worthy toes this summer.

Follow Sophy's guide to getting pedi-perfect feet

- **Hard skin that's yellow and feels hard to touch should be tackled first.** Do it when feet are completely dry, using a file or pumice stone. This gives you more control, and the file won't catch on damp areas and cause damage.
- **Buff it away in a back-and-forth motion.** Be vigorous on your heels and gentle on delicate areas to reveal soft skin below. Your soles should be light pink as the blood flows into healthy skin.
- **Now work on your nails.** Clip away in small sections, rather than snapping them straight across the top. Do not use scissors! Always file from the edges inwards - this will help stop splitting. File straight across, not back and forth, to prevent ingrowing nails.
- **A buffer is effective at fixing**

problems like ridges and staining.

If you want an all-in-one solution, I keep Scholl Velvet Smooth Electronic Nail Care System, £39.99, with me to prepare models' nails. It comes with three different heads, including a buffer which oscillates to get quicker results.

● **A dry, grease-free base is best for a long-lasting pedi.** Wipe toenails with acetone-free formula, such as Sally Hansen Nail Acetone Free Polish Remover, £2.99, to create a dry base for nail polish to adhere to.

● **Then paint!** If you need inspiration, this summer's hottest colours are nudes and pastels. An extra layer of clear top coat on your toenails will help protect the colour beneath. Apply at least once a week to revitalise your varnish.



Your body philosophies

Back in issue 26, we met Louise Holmes, 37, from Kent, who revealed the confidence boosting body philosophies she is passing down to her 14-year-old daughter, Ella, from learning to love yourself at every stage, to making the most of your best bits. Here, you share some of your body philosophies...



WHEN YOU FEEL
STRONG ON
THE INSIDE,
IT SHOWS ON
THE OUTSIDE.

~ Su Lake



Scars are tattoos
with a more
interesting story.

~ Lisa Whittle

Love your skin...
treat it well and it'll last
a lifetime

~ Caroline Batchelor

BE CONFIDENT,
BE HAPPY, BE YOU

~ Andrew Tanner

YOUR
BODY IS
AMAZING...
embrace it.

~ Priya Patel



Think of stretch
marks as
PREGNANCY
SERVICE STRIPES

~ Valerie Jones

Learn to love yourself
- you're beautiful inside and out

~ Ceri Disbray

Confidence
is the most beautiful
thing you can wear

~ Ani Labbett

BE WHO YOU
KNOW YOU ARE,
not who you're told
you should be.

~ Joanne Gardner



Respect and appreciate
your body on
its own merits.

~ Samantha Karney



WIN £250 shopping vouchers!

Through the Body Philosophy campaign, Bio-Oil has teamed up with Body Gossip – a charity that aims to inspire body confidence among young people – to take your advice into schools across the UK. So share your body philosophy with us to help make a difference and get the chance to win £250 of Love2Shop vouchers. For inspiration and to enter, visit mybodyphilosophy.co.uk* or tweet us at [#mybodyphilosophy](https://twitter.com/mybodyphilosophy)

*For full terms and conditions visit mybodyphilosophy.co.uk

• Trusted by millions, Bio-Oil has been clinically proven to help improve the appearance of scars, stretch marks, uneven skin tone, ageing and dehydrated skin. Designed to maximise the skin's elasticity, it's suitable for full body use, including the face.

My Body Philosophy supported by 



Divorces can be bitter but last week Myleene Klass's ex hit breaking point and unleashed a furious Twitter rant...

After 11 years together, Graham Quinn walked out of the family home on his wife's 34th birthday. By then, the former Hear'Say bodyguard had been married to the presenter Myleene Klass for just six months, and they had two small daughters – Ava, then four, and Hero, one.

That was three years ago. Since then, Myleene has relived that shocking moment over and over – often publicly.

'I have no idea why my husband left me,' the stunned star said shortly after Graham walked out.

'I'm broken, but I will not sink,' she added later.

'I just had to keep going, because my girls would be up every morning asking me to make their breakfast or fetch their recorders. My girls saved me.'

Asked about her former husband just last week, it seemed that time has not been a healer in this particular split.

'I'll never speak to him again,' said Myleene.

'No one will ever put me through that again, so help me God.'

'I wouldn't walk out on my family, I wouldn't cheat. I wouldn't take anything from anyone. I certainly wouldn't take a family home.'

Days later, she added, 'If I'd decided to gamble with my money, I could take that, but someone taking it... No.'

And it seems the last comment, suggesting that Myleene had lost part of her estimated £11 million fortune to her ex after making him her business partner, caused 41-year-old Graham to lash out in an astonishingly bitter Twitter rant: 'Thank you for once again slander my name in the papers to

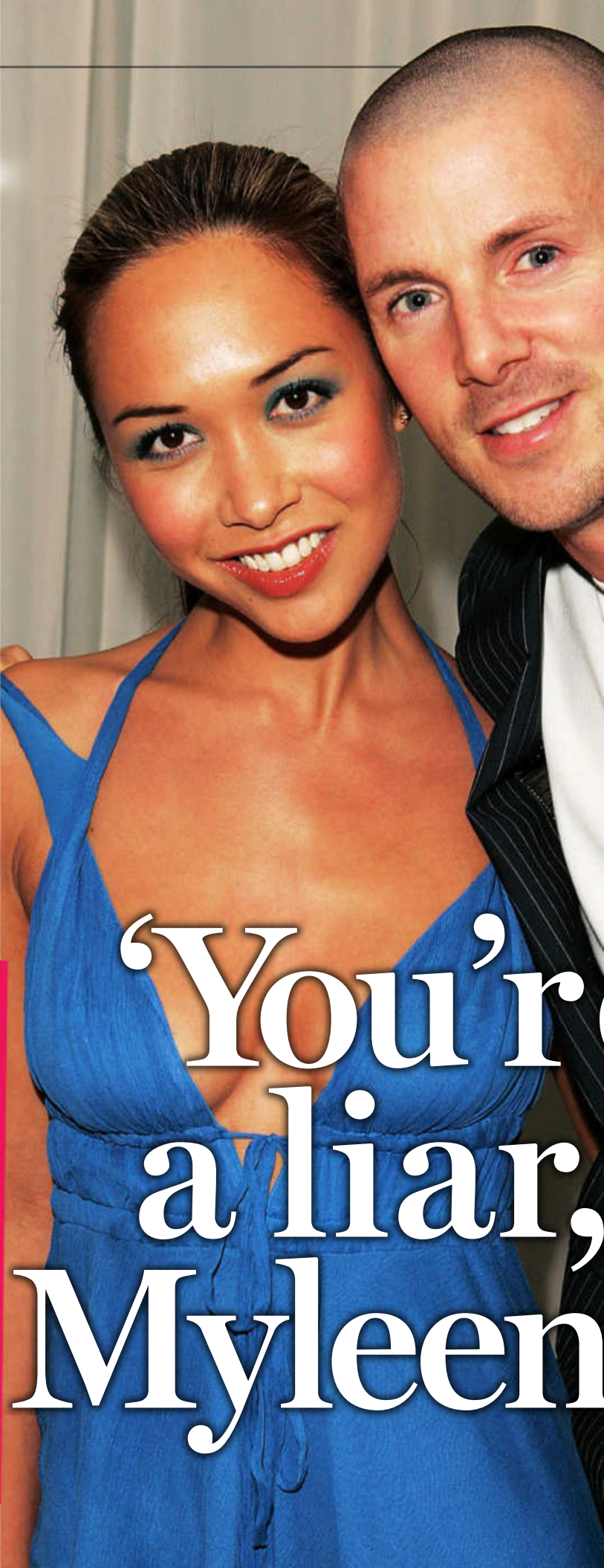


Graham is incensed by Myleene's recent remarks



Myleene won't let her ex see the girls

LOVE GONE WRONG



'You're a liar, Myleene'

The couple before their bitter split in 2012

promote yourself.

'It's frankly embarrassing and complete lies... @KlassMyleene. I've stayed quiet for three years now but enough is enough. Please explain to me how I took your money?'

And the Twitter rant went on, with Graham adding, 'I lost so much money from our divorce and our house that we bought together... and further money from me fighting you over letting me be a father to my kids, whom I haven't seen in over a year ... shameful.

'One day, I hope you will put the interests of your children first and let them see their father. Instead of focusing on what lies you can tell to boost your career.'

No doubt, this outburst must have come as a shock to the former Hear'Say singer, but Myleene didn't enter into a war of words. She merely posted stunning pictures of herself in a bikini, inflating plastic toys by a holiday pool, captioned simply: '#mumsjob,' before



Is Myleene showing Graham what he's missing?



adding pictures of palm trees and herself swimming.

But, while Myleene appeared to give the impression of being totally calm and serene, we fear this may not be the last we hear of the ongoing war between the ex Mr and Mrs Quinn.

MYLEENE'S REP was asked for a comment by *Best* but, at the time of going to press, had not replied.

On holiday with her daughters, Myleene posted a series of stunning Instagram images of herself

Graham said his ex-wife's comments were 'frankly embarrassing'

MYLEENE'S SOLO SUCCESSES



In 2007, the ex-pop star and talented pianist threw her support into launching an initiative to introduce children to classical music.



Also a popular presenter and TV personality, ex-*I'm A Celebrity* star Myleene's hosting a new ITV five-part-series, *BBQ Champ*.



Another string to her bow is designing baby clothes. Here, Myleene opens a new Mothercare store, where her range, Baby K, is available.

PICTURES: ALPHA PRESS, GETTY, MATT FROST, REX FEATURES, WENN



The dream team:
Paul, Sue, Mel
and Mary

'We've u naughty

Mel Giedroyc and Sue Perkins don't just host The Great British Bake Off, they've caught the baking bug, too – like the rest of us

What do you think of the contestants this year?

Mel They're a great bunch. Seeing the new people coming through is a joy.

Sue They all get on very well with each other, which is really important because, at some point, we like to stand back and watch them form their little friendships. Some of the funnier stuff comes from them, without us getting in the way. It gets harder to wrest puns from baked goods, we won't lie. We have probably used them all by now.

Mel By series three, they were all used!

Sue Now, we're being quite well-behaved.

Any eccentrics among the contestants?

Mel There always are – you won't be disappointed!

Sue They have to be fairly eccentric to give up their entire summer and spend it in a tent, often in the rain.

Mel What's weird is, they've watched all five series, but they still make mistakes... which is, kind of, a relief. Otherwise, we'd have no show. And stamina is key. It's not just about being an extraordinarily creative baker, it's actually about just having the stamina to keep coming

back every week.

Are they all drinking sports drinks, then, and doing things to keep up their energy?

Sue There are a lot of power lunges and motivational power messages... yeah. They're planking all the time.

Do you have a favourite week in the Bake Off?

Mel Oh, I think all of them.

Sue Any week there's leftovers!

Mel Any week that's savoury!

Sue I don't like pie week, because I don't eat a lot of meat but I do like bread week. I love bread.

Mel I love a pie. I love a hot water crust, but I've never tried to bake one myself.

Do you find yourself baking more since you started the show? Do you go home, having tasted something, and think, 'I really must try that?'

Mel I made choux pastry for the first time. It has taken five years, but I made it the other week.

Sue What? You started it five years ago? Wasn't it rubbery? I've learned that much on the show...

How did it turn out?

Mel I'm possibly being a bit smug, but I was pleased.



Sue helps out
by sampling the
ingredients

I made 75 profiteroles, which I did try to fashion into a wizard's hat, like Jo Wheatley [in series two].

Sue Croquembouche...

Mel A croquembouche! I couldn't do the caramel, that went badly wrong.

Sue Caramel is hard.

Chocolate's better than caramel, isn't it?

Mel It was Lent and I'd given up chocolate, so I couldn't!

Sue A massive Catholic's wizard hat...

Mel They were good, though. Sue bakes loads! You do a lot now, don't you?

Sue I bake ON the show. If I'm not doing what we call The Royal Tour – going round with Paul [Hollywood] and Mary [Berry] – I will go into the prep kitchen and make pizzas for the crew...

Mel Or brownies!

Sue I'm not very good at doing nothing. I always have

sed up all our baking puns!

*They're back
– so watch out
for your soggy
bottoms!*

to be busy, so I fill my time with something. And it seems like, well, there's a load of spare food around. We call it Crew Love – that just means they'll get some stuff to eat. The crew who are holding heavy cameras don't always get as much...

Mel Hang on! They come in like vultures at the end.

Have you managed to restrain yourself from eating too much this year?

Mel & Sue No!

Sue We're just the same.

Mel It's always episode four when I crack. I'm really good for the first three episodes, and then everything goes.

Sue I just get heavier and heavier each year – as you can see if you watch series one. I'm twice the woman I was... and not in a good way.

Do you care?

Sue Not really. A little bit of what you fancy, I think, is always good.

● **The Great British Bake Off returns to BBC1 on Wednesday 5 August**



Mel gets a taste of the action

WORDS: KATHERINE HASSELL. PICTURES: BBC

GEMMA COLLINS

Palazzo dress,
16-26, £45

'I celebrat

To say Gemma Collins is thrilled about her second Evans collection is an understatement. 'I still can't believe I'm stocked in there, it's great!' she enthuses when *best* meets up with her.

Gemma's high-summer range of maxi and bodycon dresses, and separates including tunics, kimonos and waterfall jackets, are true to her fun and flirty style.

What's new about your summer collection?

Since launching into Evans, I've realised that a lot of customers like looser-fitting styles so this time round, while I still have pencil style pieces, I've

introduced A-line dresses like my best-selling palazzo dress [pictured left].

Did you do anything creative at school?

Funnily enough, for a textiles class I made a halter neck dress out of a bin liner and my friend Vicky modelled it. I remember my mum taking me to London and visiting a materials shop called Borovicks in Soho and I'd be obsessed with the fabrics.

Where do you design your collections?

Anywhere - I can design sitting in random places! I can be at the table in my kitchen, I sleep with a pen and pad beside me and if I wake up in the night, I'll do some drawing. I also pick up glossy mags and flick through to see what fashions

MY STYLE ICONS

'I'm liking Caitlyn Jenner at the moment,' says Gemma

Jess Wright does 'beautiful dresses'

Amy Childs has done 'incredibly well' says Gemma

All clothes worn by Gemma are from the Gemma Collins collection at Evans. Available in sizes 16 through to 26 - in stores now

The *TOWIE* star talks about her latest collaboration with Evans... and why she's never been more confident

ate my curves!

I can make suitable for plus-size girls. Even now, I'm sitting in my mum's garden looking at a plant thinking, 'that colour would look nice on a dress'. It never stops.

What's the best bit about your job?

Making women out there happy. The appreciation I get off women in the street is what spurs me on. I try to make everyone in my shop [in Essex] feel comfortable. I have a chat and try to understand their wants and needs. I got on so well with one that I ended up in Nando's with them! It's not just about getting numbers through the door. Women come back and that's what the business is built on.

How do you upgrade your wardrobe?

Every item can be worn a different way. My maxi dresses have been bought to wear as bridesmaid dresses but they can also be dressed down with sparkly flats on holiday. My Hollywood kaftan top, you can wear with white jeans and wedges for a festival or vamp it up at night with wet-look leggings.

Who's your new style crush?

This is going to sound weird but I'm liking Caitlyn Jenner at the moment. I admire what she's been wearing!

You like to experiment with colour, don't you...

Well, I love pink - if I had my way every dress would be pink! But I like to go for bright colours. My advice to women: don't stick to black, celebrate your curves. Why

should you cover up and wear black just because you're big? No way!

Which fellow *TOWIE* collection do you like?

I support all the girls, really, there's not one I prefer more than the other. Jess [Wright] does beautiful dresses and Amy [Childs] has done incredibly well.

Do you feel more confident now than in your twenties?

Definitely. In your twenties you're learning about life but, in your thirties, you have more confidence as you have more experience. I'm 34 now and I'm not a sucker like I used to be.

What has the next year got in store for you?

I've got so much going on, it's really exciting. I'm looking into bringing out a fragrance early next year.

GEMMA ON THE SPOT: QUICKFIRE QUESTIONS

Flats or wedges? Flats
Maxi or bodycon? Maxi
Animal print or floral? Animal print all the way!
Rose gold or silver? Gold!
Red or pink lips? Pink
Gin and tonic or fizz? G&T
Marbs or Vegas? Marbs
Lauren Pope or Vas? Neither!
Instagram or Twitter? Instagram
Kimono or jacket? Kimono
Blonde or bronze? Blonde
CBB or Strictly? Strictly
Rita Ora or Cheryl? Cheryl
Kardashians or Cait?
I love Caitlyn but I've got to pick the Kardashians...

Florence
maxi dress,
16-26, £70



Monaco
dress,
16-26,
£70



New York waterfall
jacket, 16-26, £48

WORDS TRACEY BALDWIN
PICTURES GETTY IMAGES, REX FEATURES

THE *high street* *edit*

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FEATURE LARA NUGENT



Riley and Kyle bring so much happiness

FACEBOOK/NIKKY FERN VARADI

BEST BUDDIES



The little lads are inseparable



Double the joy!

When Down's syndrome twins Riley and Kyle needed a home, Nicola Varadi, 48, couldn't walk away...

The first thing our eight-year-old twin boys, Riley and Kyle, do every morning is give each other a kiss and a cuddle.

Seeing them so happy together melts my heart and convinces me that, no matter what the day throws at me, I made the right decision to adopt these little boys.

The way they came into our lives is complicated, but my husband, Fern, 50, and I are so glad they did.

Our lives changed forever the day our son, Daniel, 19, told us he'd got his girlfriend Sarah*, 16, pregnant.

It's not the news you want to hear, but Daniel and Sarah

had been joined at the hip since they'd met three years earlier, so I knew they were serious about each other.

Once I got over the shock, I couldn't help feeling excited to be a grandma.

Then, we got another surprise when the 12-week scan showed Sarah was expecting twins.

Daniel and Sarah were worried about how they'd cope, but I reassured them that we'd support them as much as possible.

When Riley and Kyle were born in March 2007, both weighing 5lb, I was smitten.

One thing troubled me as we left the hospital, though.

'Did you notice their long

tongues?' I asked Fern as we drove home. 'They look like they might have Down's syndrome.'

He told me I was imagining things but a few days later, Daniel called from the hospital in tears - they were testing the twins for Down's syndrome.

I tried to put on a brave face and reassured Daniel, whatever the results, they'd be loved just the same.

But, when the diagnosis was confirmed a few days later, Sarah and Daniel were shell-shocked.

It meant the boys would have learning difficulties, may take longer to walk and



RED DEVILS

talk and might also have vision and hearing problems.

My heart went out to them and I promised we'd be with them every step of the way.



Nicola knew she had to look after them

My little champ: Fern with Kyle

LOVING HOME

At first, Sarah was living at her mum's with the babies, but she'd bring them to ours a couple of nights a week.

I soon noticed Sarah was struggling to bond with them.

Daniel started taking them overnight more and more, and, by the time they were six weeks old, they were living with us full-time.

I fell into a routine of changing nappies and bottle feeds. Having had four kids – Daniel, Mark, then 18, Lisa, 17, and Fernie, 13 – I was soon back in the swing, and I loved spending time with my grandsons.

I had no idea Sarah was about to drop a bombshell. She and Daniel had been arguing a lot, and, during a huge row she told him the twins weren't his.

I tried to convince myself that she had said it just to hurt Daniel, but a DNA test confirmed it.

We were all devastated.

I steeled myself that Riley

and Kyle would be taken from us, but, despite the result, Sarah decided she didn't want them back.

Sarah's mum was a single parent with a toddler, so she couldn't take them, either.

'What are we going to do?' I asked Fern. But, in my heart, I already knew the answer.

If they'd gone into care, there was every chance they'd be split up and I just couldn't let that happen.

I contacted a lawyer, who warned it was unlikely we could legally adopt them as we weren't blood-related.

I felt so angry. Riley and Kyle might not be related to us, but in the short time they'd been in our lives, we'd fallen head over heels in love with them.

'If they don't have us, they have no one,' I sobbed.

We had a tense five month

wait, but, thankfully, we won our case and, with Sarah's blessing, we became the twins' legal guardians.

Daniel supported our decision and the twins know him now as their big brother.

With a loving family around them, they've

gone on to surpass all our expectations.

At 18 months, my heart almost burst when they called me 'Mamma' for

the first time. They started walking soon after, too. Then they learned to ride scooters, then bikes.

But, although they're eight, mentally they are about four so they need constant supervision.

They can have a meltdown when they get frustrated and they still don't sleep through the night.

It can take until 11.30pm to get them to sleep, and they can wake up as early as

4.30am, which is exhausting.

But they're so much fun.

They love music, especially Michael Jackson, Sam Smith and Ed Sheeran – they learn the dance moves from the music channels and join in.

On holiday in Egypt recently, Bruno Mars's *Uptown Funk* came on by the pool, and they were up dancing and entertaining all the other holidaymakers.

They're a brilliant double act and we have high hopes for the future, although we know it's unlikely they'll ever leave home.

At the special school they attend, they're taught life skills as well as reading and writing, which is important.

When we decided to take on Riley and Kyle, some of our friends and relatives thought we were mad. One even said, 'Why give up your lives like this?'

But, far from ruining our lives, they've made every minute a million times more rewarding.

'They've made life a million times more rewarding'

SIMPLE SLIMMING *suppers!*

Thanks to **WeightWatchers** you can enjoy a filling meal that's easy to cook and bursting with summer flavour

Cook's tip...

If you heat the garlic and chilli in the olive oil from cold, the garlic is less likely to burn quickly (as long as you keep an eye on the pan), and will still infuse the oil with bags of flavour.

Ingredients in **green** denote Filling & Healthy foods

10
ProPoints values
per serving
20
ProPoints values
per recipe

Chilli crab spaghetti

A hearty bowlful of seafood pasta, packed full of deliciously punchy flavours.

SERVES 2

Portion weight: 331g

Takes: 15 minutes

Freezing not recommended

- 150g (5½oz) **wholewheat spaghetti**
- 2 teaspoons extra-virgin olive oil

- 2 **garlic cloves**, sliced
- ½ red **chilli**, chopped finely
- 100ml (3½ fl oz) veg or chicken stock
- grated zest and juice of ½ a **lemon**
- 170g can **white crabmeat**, drained

- 50g (1¾ oz) wild **rocket**
- salt and freshly ground black pepper

Add the spaghetti to a large pan of salted boiling water. Cook according to pack instructions. Meanwhile, place the oil, garlic and chilli together in a small pan and heat gently for about 2 minutes, or until the garlic just starts to turn golden. Add the stock, lemon zest and juice to the

chilli-garlic oil and boil for 2 minutes or until slightly reduced. Drain the spaghetti and return to the pan. Pour in the lemony sauce and add the drained crabmeat and rocket. Mix well and serve in warmed bowls.

VARIATION

If you don't fancy crab, try this recipe with 150g (5½oz) cooked, peeled prawns instead, for 10 ProPoints values per serving.

Hot lamb and onion rolls

Perfect for a speedy yet satisfying light meal when you get in late after work or an exercise session. Serve with a tomato salad on the side.

SERVES 4

Portion weight: 164g

Takes: 15 minutes

Freezing not recommended

- 4 **Weight Watchers petits pains**
- 300g (10½ oz) **lean lamb steak**
- **calorie-controlled cooking spray**
- 1 red **onion**, sliced
- 1 **tablespoon** redcurrant jelly
- 1 **tablespoon** chopped **fresh mint**

- ½ **teaspoon** smooth **mustard**
- a **squeeze** of **lemon juice**
- 50g (1¾ oz) **mixed leaf salad**
- **salt** and **freshly ground black pepper**

Preheat the oven to Gas Mark 6/200°C/fan oven 180°C, then bake the petits pains according to pack instructions. Season the lamb steaks. Spray a hot non-stick frying pan with cooking spray and add the

lamb and red onion. Cook the lamb for 2½-3 minutes each side, stirring the onions as they cook. Remove the lamb to a plate and rest for a few minutes. Meanwhile, mash the redcurrant jelly, mint and mustard together, adding a squeeze of lemon juice. Split the petits pains and spread with the redcurrant jelly mixture. Slice the lamb and tuck it into the petits pains, along with the onions and salad leaves. Serve immediately.

6
ProPoints
values per serving
26
ProPoints values
per recipe



Weight Watchers
Cook It Your Way
by Tamsin Burnett-Hall is out now,
priced £14.95

Italian sausage tray-bake

The punchy flavours of fennel seeds, chilli and garlic give this a southern Italian twist. Serve with broccoli.

SERVES 4

Portion weight: 422g

Preparation time: 15 minutes

Cooking time: 40 minutes

Freezing not recommended

- 800g (1lb 11oz) **potatoes**, cut into wedges (skin on)
- calorie-controlled cooking spray
- 8 Weight Watchers sausages, snipped into chunks
- 2 red **onions**, cut into wedges
- 1 red **pepper**, chopped roughly
- 1 yellow **pepper**, chopped roughly
- 3 **garlic cloves**, crushed
- a pinch of dried chilli flakes
- 1 teaspoon fennel seeds
- ½ teaspoon dried rosemary
- 250g (9oz) **cherry tomatoes**, halved
- salt and freshly ground pepper

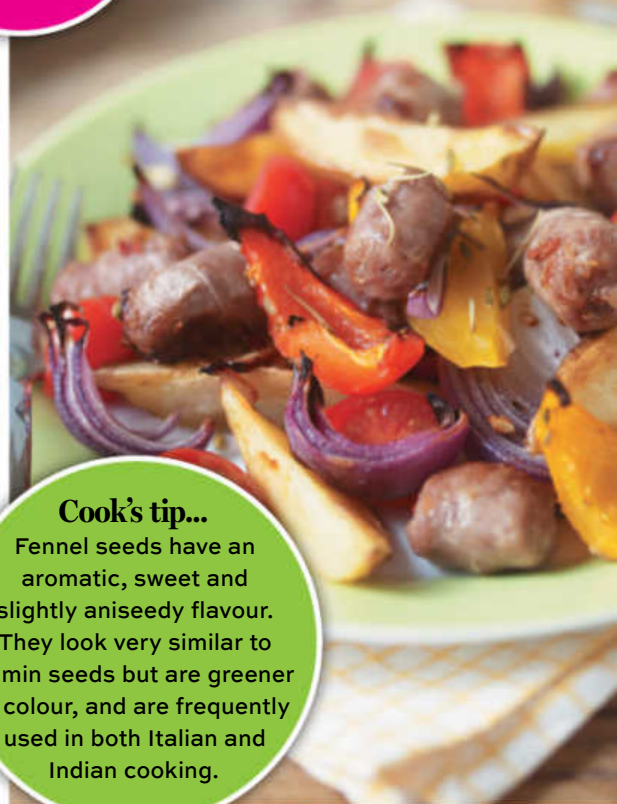
Preheat the oven to Gas Mark 7/220°C/fan oven 200°C, with a large roasting tray placed on the

top shelf to preheat. Add the potato wedges to a large pan of salted boiling water, cover and cook for 10 minutes. Drain the wedges and shake them gently in the pan to roughen the edges. Spray the hot tray with cooking spray, tip in the potato wedges, season lightly and add extra cooking spray. Cook for 10 minutes on the top shelf. Combine the sausage, onions, peppers, garlic, chilli, fennel seeds and rosemary in a mixing bowl. Add the sausage mixture to the roasting tray and spray with cooking spray. Cook for 20 minutes, stirring halfway through. Add the tomatoes and cook for a final 10 minutes. Serve on warmed plates.

VARIATION

Vegetarians can use 8 Quorn sausages in this recipe, which will be 8 ProPoints per serving.

7
ProPoints
values per serving
30
ProPoints values
per recipe



Cook's tip...

Fennel seeds have an aromatic, sweet and slightly aniseedy flavour. They look very similar to cumin seeds but are greener in colour, and are frequently used in both Italian and Indian cooking.



8
ProPoints
values per serving
16
ProPoints values
per recipe

Super speedy tortilla pizza

All the flavour you'd expect, but far lower in ProPoints values than a regular pizza. Serve with a big mixed salad.

SERVES 2

Portion weight: 225g

Takes: 10 minutes

Freezing not recommended

- 2 **Weight Watchers tortillas**
- 2 tbsp tomato purée
- 100g (3½oz) **skinless cooked chicken breast**, chopped
- 60g (2oz) **sweetcorn**
- 8 **cherry tomatoes**, quartered
- a handful of **basil leaves**
- 50g (1¾ oz) **half-fat mature cheese**, grated
- salt and pepper

Preheat the grill. Place the tortillas on a large baking tray and spread the tomato

purée thinly, all the way out to the edges. Scatter the chicken, sweetcorn and tomatoes over each tortilla pizza, followed by the basil and cheese. Season lightly. Grill for 3-5 minutes, until the cheese is bubbling and the tortilla is crisp around the edges. Serve in wedges.

VARIATION

For a Hawaiian-style pizza, replace the chicken and sweetcorn with 2 x 35g slices premium ham, chopped, and 2 rings canned pineapple, chopped. This will be 6 ProPoints values per serving.



Blur the lines

These must-haves are brilliant if you're jetting off and also work wonders back home...

If your primer and foundation aren't giving you the coverage you want, it could be time to try one of these beauty wonders. With hi-tech ingredients that reflect light and 'blur' your skin, they minimise pores and lines and help to even out your skin tone – basically your favourite Instagram filter in a bottle!

MARVELLOUS MULTI-TASKER



You can ditch your serum and primer, thanks to **Emma Hardie Amazing Face Protect & Prime, £45**. Not only do the light-reflecting particles help soften lines and even out skin tone, it also contains SPF30 and UVA/UVB, making it a great summer essential. You only need a tiny amount as it's a little greasy, but it soon sinks into skin to give your face a smooth base for your usual foundation to glide on top of.

SKIN SAVIOUR

Looking for something that isn't just cosmetic? You'll love **Origins Original Skin Renewal Serum, £32**, as it's designed to restore the glow of your complexion by targeting skin problems like roughness and dullness. The texture is velvety and absorbs into skin easily, to leave it wonderfully smooth – ideal for applying make-up. For best results, use this twice a day, after cleansing and before applying your moisturiser.



TERRIFIC FOR TOUCH-UPS!

If you don't like to load your skin with serums and creams, then **YSL Touche Éclat Blur Perfector, £31.50**, is for you. Simply apply the invisible powder over your foundation to create a natural-looking glow. Although long-lasting, the compact makes touching up much less messy than a cream-based product, should you need it.



BUDGET BUY!

I love a beauty bargain, but found most of the cheaper blur products disappointing. However, I'd definitely recommend **Nurture Replenish Instant Skin Perfector, £12.95**. Tinted and packed full of antioxidant protection, it's an excellent substitute for foundation. A good essential if you only have minutes to make up in the morning and need light coverage.



THE NEW-TECH ANTI-AGERS

HAIR raisers

How to target tress traumas

Thought looking after your locks consisted of regular shampooing and conditioning?

Think again. Our hair faces more stress than ever, and tackling issues is more complex than just covering the greys.

'There's a misconception that ageing hair starts when your first greys appear. This isn't the case,' says Katherine Frizoni, who works in R&D at TRESemmé.

'Hair, like skin, starts to age as young as 25, so women should start to take action sooner rather than later.'

Hairdresser Charles Worthington agrees. 'It's now understood that your hair and scalp get older, too.'

If you care for your locks like you do for your skin – with treatments and products that deal with specific concerns – your tresses will thank you for it.

SOS Dry and frazzled

Loss of lipids in the hair shaft is a major cause of dryness and regular use of hairdryers and straighteners can leave an imbalance of moisture – think of how your hair 'sizzles' when your straighteners are too hot.

THE SERUM

A good hair serum can work wonders, thanks to potent ingredients and a fluid consistency. **TRESemmé**



Youth Boost Youth Correcting Essence, £9.99, Gradually boosts, with omega-3s and antioxidants.

THE 'FACIAL'

Treating hair when washing adds extra hydration, so other products work better. **Dove Advanced Hair Series Oxygen Moisture Soufflé Treatment, £6.99**, is lighter than a mask in texture, so it won't leave your locks lank.

SOS Dull and drab

Sunlight and pollution cause disruption to our hair cuticles. When they're lying flat, they help reflect the light. If not, you're more prone to dullness and damage.

THE EXFOLIATOR

A build-up of dead skin and sebum can cause congestion. **Kérastase Chronologiste Revitalising Exfoliating**



Scrub, £28.50, offers a deep clean at the roots.

THE CC CREAM

CC creams aren't just for skin. For the same 'colour correction' job, try **L'Oréal Professional Vitamino Colour A:OX CC Cream Blondes, £12.49**. A brunettes' version is coming later this year.



SOS Hair loss

With about 25 per cent of women affected by hair loss by the time they reach 50, it's a prevalent problem. Our growth patterns are split into two phases – growing and resting. Our 'resting' period, when the hair follicle lies dormant for up to six months, gets longer as we age, which results in the problem.

THE BEAUTY REGIME

Charles Worthington has put years of research into his **Thicker & Fuller Collection**, which consists of a shampoo and conditioner, £6.99 each, and scalp tonic, £7.99. The tonic contains pea sprout extract, something that stimulates the follicle into action. Think of this as your cleanser, moisturiser and treatment.



SOS Breakage

Our hair relies on proteins to stay strong and, over time, these levels diminish. 'As we age, follicles receive less blood supply, so hair can become much more easily damaged,' says celebrity hairdresser Richard Ward. Add to this our love of heated appliances, and our hair can get frazzled.

THE PROTEIN PICK-ME-UP

Some skincare uses ingredients naturally occurring in the body to mimic its effects. Our hair is made of keratin, a vital protein, so use **Richard Ward Keratin Rehab**, £3.99, once a week.

THE PRIMER

Primers prepare skin for styling. **Pantene Expert Collection Paltinia Hair Strengthening Primer**, £14.99, contains polymers to do the same for hair.



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*Calls charged at a standard local rate.

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4	Cedar Court Huddersfield/Halifax	£69	Huddersfield
4	Cranage Hall, nr Crewe	£68	Crewe
4	Holiday Inn Bolton Centre, Bolton	£79	Bolton
4	The Bridge Hotel and Spa	£79	Wetherby
4	Cedar Court Hotel, Wakefield	£64	Wakefield
4	Best Western Plus Cedar Court Hotel Leeds/Bradford	£64	Leeds/Bradford
4	Best Western Reading Moat House	£79	Reading
4	Best Western Plus Coniston Hotel	£49.50	Sittingbourne
4	Alexandra House	£75	Swindon
4	Menzies Birmingham City Strathallan	£51	Birmingham
4	The St Johns Hotel, Solihull	£70	Solihull
4	Ettington Chase	£75	Stratford upon Avon
4	Menzies Mickleover Court, Derby	£76	Derby
4	Ramada Birmingham North Cannock	£75	Cannock
4	Best Western Marks Tey	£70	Colchester
4	Menzies Irvine, Ayrshire	£51	Irvine

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LEISURE
FACILITIES
AND
ROOM WITH
OUR DEALS



Cowell Confidential

SUSAN BOYLE has come a long way in six years. Here, the BGT runner-up talks to **SIMON**'s brother **TONY COWELL** about fame, losing her mum, and singing...



A photo of her parents' wedding day is a prized possession

You've achieved so much since Britain's Got Talent, selling more than 20 million albums. Do you ever feel you'd like to stop?

No, I'm still very driven. For me, it's all about performing – I can't get enough of it. It took me so long to get recognition as a singer, I'm frightened to let it go. If my singing still makes people happy, why should I give it up?

You recently performed a duet with Elaine Paige at Glamis Prom in Scotland – how did that come about?

I've always been a big fan of Elaine – she's such a wonderful performer, and we've stayed in touch. It was a great honour to perform with her. We sang *I Know Him So Well*. It's one of those moments I'll never forget.

You still live in the house you shared with your mum till she died in 2007 – is that important to you?

Yes, why shouldn't I? There are so many good memories. When your mother dies, part of you dies, and it's a profound moment. She's the driving force of my life, and I like to think she's still with us spiritually.

Was it after your mother died that you found the strength to audition for Britain's Got Talent?

Yes. I wasn't working, and was in danger of losing our family home,

SUSAN BOYLE

'I've taught Simon Cowell never to judge a book by its cover'



Receiving her honorary doctorate last month

She'll never forget that her big break came courtesy of Simon

'Fame is good; what matters is how you handle it'

so I remembered how she always told me to follow what makes me happy. I truly believe she was the angel on my shoulder on the day I auditioned. **My brother Simon recently claimed you helped change his life. He said, 'Susan's audition was a huge turning point for me as a person. It sounds like a cliché, but she made me realise you can't judge a book by its cover.' How does that make you feel?**

It's a lovely thing for him to say. To be honest, if somebody comes on stage dressed the way I was, you expect people to say, 'Who the heck is that?' He probably thought I'd be terrible, and I don't blame him. It's very easy to pre-judge people.

You've said that fame almost broke your family apart. Is that true?

Fame is a good thing; what matters is how you handle it, and I'm learning to do that a lot better now. Thankfully, my family are still my family.

It was recently reported that you suffered threatening phone calls from a stalker. Has that all been sorted out now?

Well, it was kind of scary at the time. I think these people are not very intelligent, and perhaps a bit disturbed. I'm better now, but at the time I was very frightened, and not sure why they would target me. It came as a big shock.

Your original BGT audition has been seen on YouTube 300 million times – does that make you feel proud?

Of course! It was a huge turning point in my life. It was a crazy time, too. But I feel life has moved on and I've learned

how to handle the pressure better.

Your seventh album will be released later this year. What can we expect?

There are a lot of old favourites on there, but I've taken a fair few risks, too. There are some songs from The Who and U2 on there. I really like to experiment.

Whether or not it works in this case, we'll have to see!

A couple of years ago, you revealed that a film

of your life story was in the pipeline. Is it still in production?

Yes, it's progressing well, and I'm looking forward to seeing it go to the next stage. It's all very flattering, because I'm just an ordinary person.

You recently received an Honorary Doctorate from the Royal Conservatoire of Scotland (RCS) for your contribution to music. How did that make you feel?

It was a huge honour. I felt really humbled. It just came out of the blue and I couldn't believe it – and the day itself was so much fun, I couldn't stop smiling. The RCS is the performing arts centre of Scotland and it does some amazing work.

You've been associated with the RCS for many years, haven't you?

I have, yes. Andrew Panton, who's the artistic director there, has been my vocal coach for a number of years, so I'll always remain very close to them.

Does your faith still play a big part in your life?

Yes, it does – whenever I hit rough patches, it becomes a bit of an emotional crutch. It's always been very important to me.

● **Susan Boyle will be performing at a gala concert with Merrill Osmond on Saturday 8 August in Leeds, in aid of The Hearing Fund UK. For more information about the event, and to buy tickets, log on to hearingfund.org.uk**

THE *entertainment* edit

Pick of the week's TV...

Friday, 9pm,
Sky Movies HD



Gone Girl

Suburban bar owner Nick Dunne (Ben Affleck) finds his life turned upside down when his wife, Amy (Rosamund Pike), suddenly goes missing. Nick becomes the prime suspect in the investigation into her disappearance. As details of the couple's life together unfold, however, it emerges that nothing is as it seems.



Friday,
9pm, TLC

Say Yes To The Dress

This new show introduces bridezillas as they begin their frantic hunt to find the perfect dress. Bride-to-be Alexis Jones has been tearing her hair out trying to find the dress she set her heart on. But, it has to be on a budget – easier said than done! Meanwhile, keen to hunt down a dress to match her cowboy boots, Jenna DeNoon is on a mission to find the perfect gown.

BBQ Champ

Our summer weather may be a bit hit and miss but Myleene Klass (see page 24) is presenting a brand-new series where amateur barbecuers battle to be crowned the king or queen of the grill. With *Man v Food* star Adam Richman and chef Mark Blatchford judging the dishes, it's nerve-racking! In the first episode, contestants have an hour and 45 minutes to create a dish resembling their personality – the heat is on.

Friday, 9pm, ITV



Thursday,
8.30pm, ITV

Flockstars

This idea is so mad, it might catch on! Host Gabby Logan leads the search to find the best celebrity sheep-herder. Eight celebrities are each paired with a professional sheepdog as they learn the tricks of the trade. In the first episode, *Strictly*'s Brendan Cole swaps his sequins for a whistle and TV presenter Amanda Lamb gets her boots muddy.

Friday, 8pm, TLC



The Three Day Nanny

Stern childminder Kathryn Mewes is back with this new series which sees her work her magic on more dysfunctional families. The first episode sees Kathryn try to restore order in the Morrisen household, where formidable three-year-old Frankie rules the roost.

Emmerdale, weekdays, 7pm, ITV

Torn between two brothers

Emmerdale's Charley Webb on why she thinks Debbie's wedding day is going to be explosive...

A wedding day should be the happiest day of a bride's life but how's Debbie feeling as she's about to tie the knot with Pete?

Debbie is nervous that Ross (Pete's brother) could turn up. She doesn't know what her dad Cain has done to get rid of him. With that and worrying about what Finn could tell her fiancé about sleeping with his brother, she's tense!

Does she tell Cain about her affair with Ross?

Cain suspects why Debbie needs him gone but she never admits it.

Did Debbie choose Peter over Ross because she found out Ross is the father of her mum Charity's baby?

There had been so many times where she asked Ross not to keep any secrets from her and just be honest. But he just can't do it, and when she finds out he's the father of her half brother, it's a huge shock!

Will this destroy Debbie's relationship with her mum?

I think her relationship with her mum, Charity, has always been messy, but Debbie is furious with her at the moment for just leaving her as the guardian of Moses, her half brother, without even a conversation...

Debbie wrote a break-up letter to Pete and Finn now has it. Isn't that very dangerous?

Yes, but Debbie think her dad has disposed of the letter. She has no clue that Finn has it or that it could turn up on her wedding day!

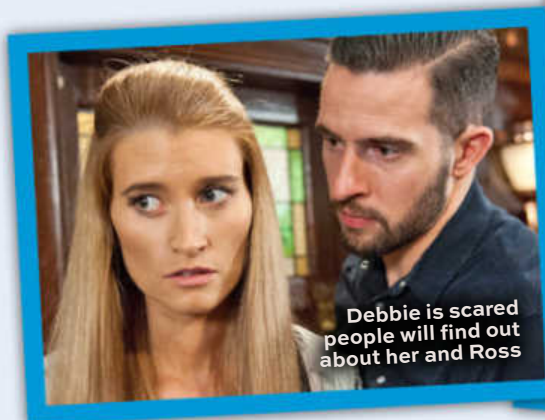
Is she relieved to be finally tying the knot?

The moment the ceremony is over, she believes she's done the right thing and feels relieved.

Does the rest of the day go smoothly?

There have been a lot of rumours about an explosion at the party in the village hall...

I can't possibly comment...



Debbie is scared people will find out about her and Ross



She's relieved to be tying the knot

'I think people will hate me!'

Life On Marbs star Natalie Richardson, 32, talks about her kiss-and-tell past and having no regrets

You were a Page Three girl. How long have you lived in Marbella?

About four years. I've got two little girls but I still consider myself the 'Marbie Barbie'.

What do you do for a living?

I'm a housewife. My husband is a businessman with bars and a restaurant. He also has a nightclub in Dubai.

What can viewers expect if they haven't tuned in yet?

We lead a very glamorous life in Marbs (Ferraris, staff, designer clothes, plastic surgery) but there is also a lot of drama, bitchiness and cat fights! Women can pick on me and bad-mouth me but if it affects my family then you've crossed a line. I'm a lioness when it comes to my family. Well, I'm only little so maybe I'm more like a Chihuahua with a big bite! There's a lot of jealousy in Marbella. When you see someone doing well it's

hard not to be envious. But I hope I'm an open and honest person. If you want to scrutinise me then go ahead – I'm having a fabulous time.

Do you think viewers will criticise you for living off your rich husband?

Some people will hate me. But I wouldn't want a poor husband. I've always dated

celebrities and I like a certain lifestyle. At least I'm honest about it!

You've done a few kiss and tells for the papers – Leonardo DiCaprio, Gary Lucy and Calum, George Best's son...

Who cares? I was young, I was having a great time and there are worst things to do than kiss Leonardo, let's face it! Plus, I was paid, so it was about the money.

What do you think your former celeb friends will make of this reality show?

Hopefully, they will be happy for me. I've stayed in touch with Calum so I am sure he will be. Leonardo will have forgotten me years ago!

What does your husband think about you doing this?

He's really private but he didn't have any choice really. I wanted to do it and whatever I want, I get!



Natalie and the cast of Life On Marbs

'If you want to scrutinise me then go ahead – I'm having a fabulous time'



WRESTLER HULK HOGAN **HOT**

Every year there's always one American housemate who has no clue what's going on. Could it be the ex-wrestler this year? He'll certainly fit the rumoured UK vs US themed show. Following a pricey divorce from ex-wife Linda, he's in need of some quick cash, too.

ODDS: 4/1



EASTENDERS' DEAN GAFFNEY **NOT**

Dean Gaffney drifted into oblivion when he left Albert Square in 2010, until he reappeared three years later on *I'm A Celebrity*... Rumour had it that he would be turning up in the house, but we now hear he's turned it down to go back to *EastEnders*.

ODDS: 50/1



STRICTLY'S NANCY **HOT**

The Italian lawyer who shot to fame as the girlfriend of Sven-Göran Eriksson, manager of the England football team in the early 2000s. Stylish and opinionated, we will be voting to keep the former *Strictly* star in as long as possible...

ODDS: 2/1

Big Brother is watching you!



With only a few weeks to go until the next *Celebrity Big Brother*, we've done some digging and asked bookies William Hill what the chances are of us discovering who's likely to enter the house this summer...



TOWIE'S DAN OSBORNE **HOT**

Former reality TV hunk Dan was dropped after a tape leaked of him threatening to stab the mother of his son, Teddy. But with two kids and a wedding to *EastEnders*' Jacqueline Jossa to pay for, he's still got to find a way to foot the bill!

ODDS: EVENS



HOT

X FACTOR'S TULISA

Tulisa might well be following her cousin, rapper Dappy, into the house. According to reports, the singer has been offered £250,000. Well, she's not on *X Factor* and her summer is looking quite free...

ODDS: 3/1

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Both these sets of clues lead to the same answers, revealing in the shaded squares a film starring Emma Stone (7)

STRAIGHT CLUES

ACROSS

- 1 Adheres (6)
- 5 From the EU (8)
- 9 Blew up (8)
- 10 English capital (6)
- 11 Public vehicle (3)
- 12 Board member (8)
- 14 Zone (4)
- 15 Allow in (5)
- 17 British snake (5)
- 18 Require, lack (4)
- 19 Frozen dessert (3, 5)
- 23 African antelope (3)
- 25 Travel voucher (6)
- 26 Uncovered, traced (8)
- 27 Of a time of year (8)
- 28 Bike seat (6)

DOWN

- 2 Words in a book, etc. (4)
- 3 Have a party (9)
- 4 Sports teams (5)
- 5 Finished (5)
- 6 Head of state (5)
- 7 Terror, fear (5)
- 8 Said sorry (10)
- 13 Prolific, generative (10)
- 16 Spoke publicly against (9)
- 20 Éclairs, buns, etc. (5)
- 21 Devoured (5)
- 22 Miniature likeness (5)
- 23 Park entrances (5)
- 24 Skin of oranges, etc. (4)

CRYPTIC CLUES

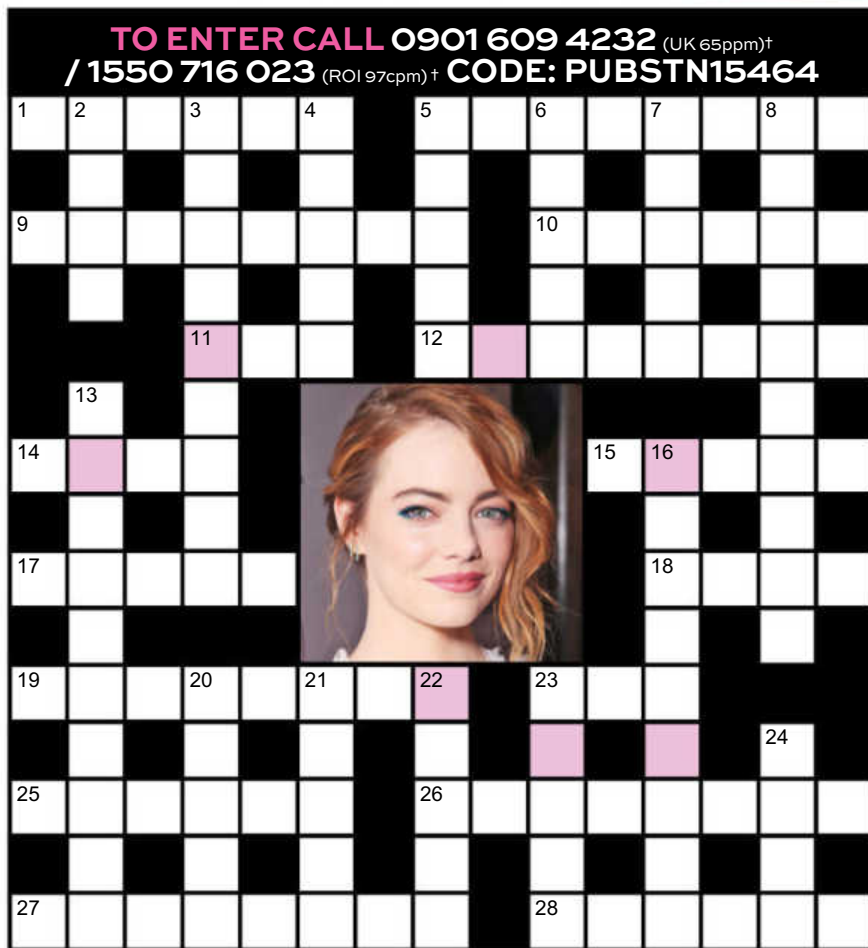
ACROSS

- 1 Attaches pieces of

- wood (6)
- 5 Pole, possibly, a pure one, possibly (8)
- 9 An engineer's view is blown up (8)
- 10 City seen from the hill on donkeys (6)
- 11 Form of transport in busy cities (3)
- 12 Another creditor. One who runs a company (8)
- 14 A region in the far East (4)
- 15 Allow someone in to confess (5)
- 17 Summer snake? (5)
- 18 Have a call for some genuine education (4)
- 19 Rice came cooked in something cold (3, 5)
- 23 Wildebeest destroyed gun (3)
- 25 A voucher to stick, etc., in part (6)
- 26 Tracked down Tory leader etc. Confused indeed! (8)
- 27 One lass, a problem at certain times (8)
- 28 Lumber with a cut of lamb (6)

DOWN

- 2 Written material from Beckett, extremely well written (4)
- 3 Throw a party and observe the date of it (9)



- 4 Edges. Ed's is terrible... (5)
- 5 ...Ed is confused with Den when over (5)
- 6 Monarch, perhaps, one capable of taking measures (5)
- 7 Cap in disarray, creating blind terror (5)
- 8 Said sorry as good pile moved (10)
- 13 Put divorce off, as fertile (10)

- 16 Dunces done badly! Was spoken against (9)
- 20 Puts a coat over gateaux (5)
- 21 Consumed with famous school, we hear (5)
- 22 Perfect example of a poser (5)
- 23 Stage set for entrances (5)
- 24 Old Sir Robert provides cover for zest (4)

ANSWERS

CROSSWORD
26/15 LOST RIVER
ACROSS
8 Moderate
9 Images 10 Severe
11 Specimen 12 Asked
13 Arise 14 Coast
16 Cords 18 Lived
20 Rides 25 Disagree
26 Animal 27 Camels
28 Talented

DOWN
1 Towels 2 Referees
3 Water 4 Sense
5 Finer 6 Easier
7 Reversed 15 Original
17 Opinions
19 Evaded 21 Eraser
22 Cross 23 Rents
24 Badly

Lines open 28 July 2015 till midnight on 10 August 2015 (closes 13 August 2015 for postal entries). Over 18s only. †UK Calls cost 65p per min plus your telephone company's network access charge; ROI 97c per min, and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390), ROI SP: Phonovation/Spoke (01437 8815). To enter by post, use coupon, left.

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1

A boy, born in December 1995, for a couple Carole met via UK surrogacy organisation COTS



2

3

Twin girls, born in February 1997, for the same couple



4

A girl, born in March 1998, for a British couple who had suffered multiple miscarriages



5

A girl, born in July 1999 for a married couple



6

A girl, born in October 2000, for the same couple as baby number four

I'm addicted to being pregnant



7

A boy, born in January 2002, whose mum had tried for 23 years to conceive



8

A girl, born in April 2003, for a couple whose previous surrogate had kept the baby



9

A boy, born in June 2004, who it was discovered was her partner's



10

12

11

Triplets – one boy and two girls – born in March 2008, to a Greek couple, after IVF



13

A boy, born in April 2012, weighing 9lb 14oz

At 48, mum-to-be Carole Horlock is old enough for eyebrows to be raised when people spot her baby bump.

But her age is the least shocking thing about her pregnancy, as this is Carole's 16th baby and as soon as it's born, she'll hand him or her over to a complete stranger.

Carole, from Colchester, Essex, who has two daughters of her own, has given away an incredible 13 babies, and admits she is addicted to pregnancy and giving birth.

Her current pregnancy is in its early stages, and, at almost

50 years old, she's risking her life by going ahead with it.

She says, 'I've had two embryos implanted, so I'm hoping there is a chance I will have twins, or even triplets.'

'Ever since my sixth surrogate baby, every doctor has told me there was a risk of haemorrhage.'

'But knowing life is growing inside me is the most amazing feeling in the world.'

Carole approached the latest couple, who are in their 50s and have two teenagers, after they'd posted a message on a surrogacy forum.

'The mother has had a hysterectomy but has longed

for another child,' Carole says.

'After weeks of emails and phone calls, she burst into tears when I agreed to help.'

The couple met Carole in Athens, where, after a health screening, two embryos – using donor eggs and the husband's sperm – were implanted at a private clinic.

'I've used the clinic several times over the years and they have an amazing success rate,' Carole said.

What makes Carole's decision so staggering is the fact that doctors thought her previous birth, in April 2013, could potentially kill her.

It was her biggest baby,

a 9lb 4oz boy for a childless Italian couple, and her most difficult labour.

Carole said, 'My gynaecologist said he feared I might have the start of pre-eclampsia, as my blood pressure kept rising days before the birth.'

'I chose not to discuss this latest pregnancy with my GP, as I know their view – I've had too many and it's dangerous.'

'When I went to my pharmacy about a wasp sting recently, the pharmacist did a double take when I told her I was pregnant.'

'She was aghast and said, "You're pregnant?!"

As Britain's most prolific surrogate, Carole Horlock, 48, was warned having another child could kill her – but she is going for baby no.16 anyway...

'It's the most amazing feeling in the world'



With biological daughters Megan (centre) and Steffanie

HER GIRLS

premature menopause, so Carole agreed to donate her own eggs.

'It wasn't a big decision. I saw it as a gift,' says Carole.

'They came for dinner, I put my kids to bed, then the guy went upstairs to the bathroom with a sterile cup to produce a sample. When they left, I inseminated myself with a syringe and two weeks later, I was pregnant.'

Carole insists she never minded giving away the children – even the nine who were biologically hers.

She says, 'I never had a pang of regret. I only bonded with my daughters after I'd nursed and cared for them.'

By the time she met her partner, Paul Brown, 57, in 1998, Carole had been a surrogate twice more.

And, as Paul already had one child and didn't want any more, Carole's experience continued to be a happy one.

But, in 2004, disaster struck when a six-week-old baby boy Carole had delivered turned out to be Paul's biological son.

She says, 'Paul and I always used condoms, so I was horrified. I cried for weeks.'

The family who Carole had the baby for went ahead and adopted him, and Paul had a vasectomy to ensure it didn't happen again. Carole was banned from the agency but switched to another website, and, in 2007, conceived triplets for a couple via IVF.

And Carole is adamant that it is worth it, despite any pain.

She says, 'I was never going to change anybody's life working in a launderette, but becoming a surrogate has enabled me to make people's dreams come true.'

which made me laugh.'

Carole was a 27-year-old single mum to daughters Steffanie and Megan, now 24 and 21, and working in a launderette when she read an article on surrogacy in 1994.

She said, 'I hadn't wanted children at all until I fell pregnant accidentally.'

'I was married at the time, but we started to row about money. It got so bad that I left him when I was three months

pregnant with Stef.'

Three years later, she was in a new relationship and pregnant with Megan.

'I was very broody and that clouded my judgement,' she said.

'Again, I split up with the father when I was pregnant. The truth is, I didn't love him.'

After reading the article, Carole rang a surrogacy agency, and, after passing the physical and psychological

tests, was listed with them.

Although it is illegal to pay wages to a surrogate in the UK, Carole receives between £8,000 and £10,000 in expenses per pregnancy.

'It wasn't about the money for me,' she insists. 'I wanted to help someone.'

In 1995, she chose her first couple – a British pair in their late thirties who had never been able to have kids.

The wife had suffered

Second time
lucky for the
beautiful
actress?

Emilia 'I want to get married again!'

Silent Witness star Emilia Fox on why she's ready to tie the knot for a second time

She's been in an on-off relationship with fiery chef Marco Pierre White for the past three years.

But it looks as if things might be finally settling down for the couple, after

Silent Witness actress Emilia Fox confessed she's eager to marry again.

The 40-year-old star – previously married to *Mad Men* actor Jared Harris – said, 'I had a lovely marriage to Jared, who was a very romantic person... distance

separated us. But yes, I would love to get married again.

'I am a die-hard, old-fashioned romantic. My house is literally full of hearts and flowers. I really believe in it. I think it's the way I was brought up.'

The mum of one's also keen to give her four-year-old daughter, Rose (from a previous relationship with film-maker and peace activist Jeremy Gilley) a brother or sister.

Recalling a recent charity trip to Ethiopia, Emilia said, 'When I saw families with siblings, who all look after each other, I thought how we can get caught up in our work. But what's more important than family life? So, yes, I would love more children.'

Meanwhile, her boyfriend Marco, 53, has spoken candidly about their relationship.

The dad-of-four – who is still married to his business partner, Spanish-born Mati Conejero, although they have been separated for nearly a decade – said, 'Emilia's a wonderful person. The kindest lady in the world. She's exceptional, really special.'

'She understands that everyone comes with baggage, and sometimes that means other children. Just like her daughter Rose came into my life, and she's very dear to me. It's part of falling in love. You accept it.'

Addressing speculation that he'd proposed, Marco added: 'We're together, not engaged.'

Does he want to be?

'That's the next article.'

Sounds like the Fox clan might be hat-shopping soon...



2015

With new love
Marco
Pierre
White

FOXY LADY IN LOVE



2005

Emilia
married
actor
Jared
Harris



Rose was
born in 2010

THIS WEEK...

How to upcycle and recycle

Up to 60 per cent of recyclable rubbish is binned, but you could give it a new lease of life. TV's Sarah Willingham gives her tips

FREE WEBSITES

If you are happy giving something away for **FREE**, register with a **giveaway website**. Freecycle is the biggest, but Freegle and snaffleUp do the same thing. You'll be amazed what people are willing to take off your hands, and it removes the hassle and cost of having to transport large pieces of furniture or equipment to the tip, where it will inevitably become landfill – not great for the environment. Check the 'wanted' sections of these sites – you might feel a lot keener to declutter if you find someone ready and willing to relieve you of your unwanted junk!

CHARITABLE DONATIONS

There are **LOTS** of places where you can **recycle unwanted stuff and help charity**. recyclethis.co.uk/recycling-for-charity is brilliant – it lists the things that various charities collect, how they use them, and where to send your items. It covers everything from mobiles and computers to bikes and books. If you want rid of your old furniture, the British Heart Foundation Furniture and Electrical Stores will collect your usable items for free! To arrange a collection, call 0844 334 1414, or visit bhf.org.uk

BHF
(British Heart Foundation) stores made a **whopping profit** last year of more than **£14 million**. It went straight to the charity to help them continue their vital work.

Cashback Queen

With Dragons' Den's
Sarah Willingham



FREE RECYCLING SERVICES

Most local councils offer a collection for large or bulky items. It's often free (but could be limited to one collection a year), or you will be asked to pay a small charge. However, there are now websites popping up like emmaus.org.uk and, of course, freecycle.org which offer **FREE** collection on everything from fridges and freezers to hairdryers. For electrical items, Currys and PC World offer a free recycling service, too. Or try 'upcycling', taking something old and turning it into something new and stylish! Pinterest and Upcyclethat have lots of free ideas.

People move house on average **6 times** in their lives and pay **£83** each time to get rid of unwanted household items – that's **£495** in a lifetime!

COUNCIL REWARD SCHEMES

The Government is trying to encourage more of us to recycle by introducing **incentives and reward schemes**. It believes that it's better to reward householders for doing the right thing with their waste than to penalise them for doing the wrong thing. Rewards could include cash, vouchers, donations to charities or discounts on goods and services. There are a few trial schemes operating in London, Berkshire and Cheshire, but more are likely to be rolled out soon, so speak to your local authority.

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RED

These stars have defied all the signs of ageing... but how?

Despite some celebrities such as Felicity Kendal and Twiggy happily embracing ageing, it seems there are still plenty of others who are somehow erasing the lines of time – until they are, well, for want of a better word... *frozen*. Not all of these stars have admitted to any work but, if not Botox, fillers and surgery, just how have these women dropped decades?

The face time stars



TRINNY WOODALL, 51

Trinny's fuller lips, puffy cheeks and wrinkle-free face made her look almost unrecognisable out in London with Charles Saatchi. Last year, she admitted that she'd been having Botox for 13 years. 'I've had Botox since I was 37 years old. I did it mainly because when I started appearing on television, you saw my forehead move more than my lips. I had it done before I even had lines, so it stopped me getting wrinkles,' she added.

COURTENAY COX, 51



The *Friends* star sparked controversy recently when she appeared flawless and unwrinkled at the *Just Before I Go* premiere. Courteney still bore an uncanny resemblance to her alter ego – lovable obsessive Monica Geller, who she last played in 2004.

Asked about Botox and fillers, the mum-of-one replied, 'I don't have a problem with it. If it makes you feel better about yourself, then it's fine.'

MEG RYAN, 53



The *Sleepless In Seattle* star revealed a tighter-looking face and plumper lips at Paris Fashion Week earlier this month.

Her remarkably line-free and plump-looking face fuelled rumours that she may have had a face lift, Botox injections in her cheeks and also lip injections. But the successful actress has not confirmed or denied the rumours.

s where nds still

CAPRICE BOURRET, 43



The mum-of-two looked like a completely different person on *Loose Women* last week, with strangely puffy eyes and plump cheeks, sparking rumours that she had gone under the knife. Until now, Caprice has denied having any cosmetic surgery, insisting, 'I haven't had anything done as yet. I haven't even had Botox, I don't think I need it. Maybe in the future, who knows?'

CATHERINE ZETA-JONES, 45



Married to Michael Douglas, the mum-of-two has been dogged by persistent rumours of plastic surgery, with whispers she may have had a facelift leaving her with smooth, tight, shiny and youthful-looking skin.

Looking radiant at an event in New York two months ago, Catherine appeared surprisingly youthful – almost as she did when she starred in 1998's *The Mask Of Zorro*, age 29...

COURTNEY LOVE, 51



The former wife of tragic Nirvana singer Kurt Cobain, Courtney looked almost unrecognisable at Paris Fashion Week last month with puffy cheeks and inflated lips. The singer admits to a facelift and a nose job, saying, 'I took advice from Goldie Hawn when she said I should get a facelift at 35!'

Adding, 'And let's just be real, I had a really big nose, so I got it fixed at 20.'

BO DEREK, 58



She's retained her youthful glow – ever since she appeared in *10* with Dudley Moore 36 years ago. But, despite just a few eye wrinkles visible, the star maintains she's not had surgery. 'Ageing is really hard. There is a certain expectation. I get credit on one hand for not having had a facelift and then on the other hand it's, "Why doesn't she do something?" I just try not to think about it.'

WORDS: SOFIA ZAGZOULE PICTURES: JG PHOTOS, LANDMARK MEDIA, REX

best DRESSED

YOUR WEEKLY
STYLE FIX

Supermarket steals!

If you want to stay ahead in the fashion stakes, it's a good idea to start updating your wardrobe for the new season now. The good news is you can pick up some fashion gems from the supermarket that will give you a brand-new look for less. Here's what to keep an eye out for...

A SPLASH OF CITRON Yellow has been this summer's hottest hue and, as we move into autumn, the shade is perfect with tan and denim. Gok Wan's new collection for Tu at Sainsbury's features splashes of citron throughout and is available now, so catch it while you can!

BOHO BUYS We'll still be taking style inspiration from the '70s come September, so if you've got a tunic top or paisley print maxi you love, you'll still be able to wear it. How? With a tan suede gilet, trench or biker jacket, as a trendy cover-up with a nod to boho style. F&F at Tesco have brilliant suede and faux suede pieces starting from £29.

A TOUCH OF LUXE Sequins never go out of style and if you pick up pieces now, you'll be able to shine well into winter. Navy is slightly softer than black, but just as glamorous, and George at Asda have a classic shift with a hint of the shade. Team with strappy sandals now and navy opaques and suede courts later in the year.

Dress, 8-20,
£25, Gok
for Tu at
Sainsbury's



SHOP THE
STYLE



High neck
blouse,
8-20,
£25, Gok
for Tu at
Sainsbury's



Gilet,
8-20,
£29, F&F
at Tesco



Sequin
dress,
8-20,
£30,
George
at Asda

CHECKMATE



TWITTER: @CINDYCRAWFORD

We love Cindy's oversized shirt, but would probably team it with a pair of white jeans or chinos! Copy the supermodel and add this casual classic to your weekend wardrobe.



Red check, 8-16,
£45, Lands' End



Blue oversized, S-L,
£20, Apricot



Multi check, 8-20,
£29.99, WITT International

FEATURE: LARA NUGENT



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